

# Lake Union HERALD

MARCH 2019



PERSISTENCE IN FAITH  
WOMEN IN ADVENTIST HISTORY





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**MOO-VING ON: ANDREWS UNIVERSITY SAYS GOODBYE TO DAIRY FARM**

Andrews University milked its last cows on Dec. 19. According to Chip Meekma, the University's controller and general manager of its agriculture operations, 750 acres of corn and soybeans and 87 acres of juice grapes will continue.



**TWO LAKE UNION PATHFINDER CLUBS REGISTER 100+ MEMBERS FOR CAMPOREE**

Stevensville and Hinsdale Fil-Am Challengers were among the clubs registering more than 100 Pathfinders for the International Camporee in Oshkosh, Wis., this summer.



**LAKE REGION DIRECTOR EARNS MINISTRY EXCELLENCE AWARD**

Lake Region Adult Ministries director, Leon Bryant, was honored Tuesday, Jan. 15, with an Excellence in Ministry award from the North American Division.



**MINISTRY MAGAZINE EDITOR CASTS NEW VISION**

During a January 5 Prayer Conference at Pioneer Memorial Church, Pavel Goia (editor, *Ministry* magazine) powerfully presented on not quitting praying too soon.

**Let's Stay in Touch!**



**JESUS AND POLITICS**

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**IN THIS ISSUE** / “Telling the stories of what God is doing in the lives of His people”



I’m excited about this issue of the *Herald*. I know I’ve said that before, but it’s true! I’ve always loved history and have appreciated living in several areas of the country that are rich in Adventist history. Editing this issue I’ve been inspired as I’ve learned, for the first time, of several women in Adventist ministry who have made significant contributions to the advancement of churches and schools with the encouraging support of Ellen White. I’m sure you will be, too. ■

  
Gary Burns  
Editor



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Letters to My Younger Self



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# Pioneers, Purpose and a Pacific island

Recently, I had the privilege of visiting Micronesia in the western Pacific with a team from the Lake Union.



▲ Maurice Valentine

After some 20 hours of flight time and a day forward beyond the international date line, we arrived in the northern part of Micronesia which includes three U.S. territories: Northern Mariana Islands, Guam and Wake Island, all part of the North American Division (NAD). This area has some 60 islands, nine of which have Seventh-day Adventist churches and schools, and each has been assigned to one of the nine unions in the NAD.

Our team from the Lake Union, along with two from the NAD, had a wonderful time visiting “our island,” the federated island country called Kosrae (Koo-she-rai). We appreciate that the NAD graciously covered most of our travel expenses for this initial visit.

Hosted by the Guam Micronesia Union Mission, we had a very busy six-day itinerary of meetings with the church and school to discover how we in the Lake Union can provide ongoing support.

What delight I felt in my heart as we approached the campus from beneath the overhead canopy of palm and banana trees. Before our immediate view was the Adventist church with a majestic mountain just behind. To its right was a well-maintained Pre-K through eighth-grade Adventist school that operates for the benefit of about 50 students from the island.

Our team asked hard questions relative to the prospects for growth to reach the rest of the 6,000 inhabitants of their island for Christ through both the church and school. What I saw led me to conclude that one of the best things our Adventist pioneers did was to organize our Christ-centered message to reach the world.

One of the first things identified and employed to accomplish that end was to move beyond congregations loosely joined together, to set up local conferences. A conference is an organization which combines the fiscal

strength of a sisterhood of churches for the proclamation of the Three Angels’ messages, first in their territory, and then, eschatologically speaking, beyond.

The role of the conference is to help the local church stay focused on mission. Many years ago, a well-meaning church member told me, “We don’t need local conferences. Just let the largest church in the area oversee the work in its region.” I was the pastor of that large church and we had 41 ministries to oversee, not to mention many sub-ministries and ongoing care of its members, many of which were aged and infirmed. Suffice it to say, the amount of time in meetings to maintain forward missional momentum of our congregation already absorbed much of our leadership team’s time. Many were family people and business professionals with other responsibilities who still avidly supported the ministries of the church with their limited time.

The local conference plays a significant role in helping churches to stay mission-minded. Without it, most churches would certainly be overwhelmed. Each local church would have to care for and nurture church growth initiatives and maintain a distinctive Adventist identity, all while overseeing employee human relations functions such as healthcare and retirement administration which have legal implications and abound with many annual changes. In addition, payroll services and professional development functions are required for each full-time employee, be they pastors or teachers. Without the local conference, it would be a tough task, to say the least.

If each local church, in addition to its bevy of missional responsibilities, had to administrate, and if each church had to pay the heavy burden of healthcare cost for those in their employ, that alone would prove to be

overwhelming for most small congregations, many of which would have to close their doors. The conference also is especially helpful in the hiring and releasing of employees from service. The annual negotiation of salaries of employees also would also have to be undertaken by the local church.

In addition, it is important to maintain strong connectivity between churches as well as the support of departmental-level initiatives, such as youth and young adult leadership training, conflict and crisis management, and funding for education and evangelism.

As a conference president, I provided level three counsel to departmental leaders and, in very sensitive areas, traveled many times to address congregational needs that rose above the conflict management scope of those on my staff.

Finally, the conference’s executive committee, with representation from throughout the field, is key to keeping a conference moving forward while the day-to-day decision-making rests with the conference, and the principle task of this committee is to plan for moving the work forward in its field, the committee also can provide some troubleshooting assistance from a conference-wide perspective.

Probably most overlooked is the fact that the local conference is the first level of church governance that pools the strength of each congregation throughout a territory. Tithe funds of all churches in a division rise up like moisture from the seas to accumulate and then fall as showers of blessing in faraway lands as *the gospel of this Kingdom must be preached in all the world so the end will come*.

The end of suffering under the weight of sin for the whole world rests on our shoulders. Thank God this wonderful message has reached a little island in the western Pacific called Kosrae. I wish you could have the privilege of visiting this small congregation and feel the joy I felt, knowing our message has reached this tiny unknown place for Jesus. The book of Isaiah declares, *Keep silence before me, O islands; and let the people renew their strength: let them come near; then let them speak: let us come near together to judgment (41:1 KJV)*. Praise the Lord the messages of the Three Angels are already represented there! ■

Maurice Valentine is president of the Lake Union Conference.



◀ From left to right: Kosrae School children; Kosrae Church; Sabbath potluck; Farewell hug between Kosrae Pre-K teacher, Saima Talib, and Indiana superintendent, Nicole Mattson.

Photos by Linda Fuchs



# Creating an Active Culture of Gratitude in Your Home

As children, we were often reminded by our parents to say, “Thank you,” because it was the polite thing to do. But how many of us have given thought to the far-reaching impact of those two simple words?



▲ Judith Fisher

Paul reminds us to *give thanks in all circumstances; for this is God’s will for you in Christ Jesus* (1 Thessalonians 5:18 NIV). What are the benefits of expressing gratitude in *all* circumstances? For the person cultivating a grateful heart, the benefits are countless.

A recent study from the National Institute of Health concluded that feeling grateful activates our hypothalamus, the part of our brain which plays a role in our appetite, our emotions, our sleep, our body temperature, our blood pressure, and many other body functions. Studies also show that individuals dealing with body pain felt less pain when they kept a gratitude journal. Saying “thank you” and sharing other expressions of gratitude increase the positive energy between the giver and the receiver, and have been shown to positively impact our mood. This positive force has the potential of spreading to others with an infectious effect.

Gratitude has been shown to improve the quality of marital relationships, as well as the relationship dynamics in the workplace. A culture of gratitude involves more than the usual “thank-you” comments at the Thanksgiving table. It compels people to engage in active acts of gratitude outside the usual perfunctory “thank you” repeated routinely in our private and public prayers.



Active expressions of gratitude help us keep our minds on our blessings while dimming the spotlight on what we don’t have. A culture of gratitude helps us maintain a sense of optimism and hope. The benefits to our wellbeing are too far-reaching to not make this life-enhancing gift an active part of our everyday life. Parents are to instill gratitude in their children during the early formative years, and create in their home a setting where the spirit of gratitude thrives. Here are some ways to cultivate gratitude in your home:

- ☺ Encourage each family member to keep a gratitude journal and share gratitude notes during daily family worship time, and throughout the day.
- ☺ At weekly family vespers include a “Count your blessings” feature where family members share blessings experienced that week. The member identifying the most blessings gets acknowledged.
- ☺ Place a gratitude board in your home where members pin thank you notes addressed to each other and to God. Parents can use gratitude stickers on the board for the younger children.
- ☺ Set aside a day once a week when family members offer only prayers of gratitude during family devotions.
- ☺ Make “thank you” a popular phrase in your home and create an active culture of gratitude. ■

*Judith Fisher, PhD, is a clinical psychologist, who serves as director of Psychological Services at Andrews University. She lives in Berrien Springs, Michigan.*

# Health Benefits of Seeds

God made seeds. Packed with His own life force, they’ve been part of His plan since the beginning (Gen. 1:11–12). Our Creator, who knows our bodies best, told us to eat them (Gen. 1:29).

Why? Because He wants us to live and to have life abundantly (John 10:10)! Grains, beans and nuts are actually all seeds. Combine with fruit\* that bears seeds and you have a great whole foods plant-based diet.

But what does “whole food” really mean? God made seeds in a perfect package. Every seed has three parts, but often they get separated!

1) **The seed coat** is essential. Also called bran, it is filled with fiber, vitamins and minerals, protecting the precious life inside. Industrial processing of foods often removes it, selling most of it for animal feed. Animal producers know the value of the nutrients. Sadly, most parents don’t. Many people don’t realize that all rice is brown when harvested!

2) **The embryo** is like the starter kit for the plant with its earliest form of roots, leaves and stem. It is full of nutrients and healthy fats. Those fats and oils are necessary for your mind, skin and eyes. This part is also often removed in industrial processing, sold later as germ, or pressed for the oil. Before we get it in a bottle, the most beneficial nutrients in the oils are chemically extracted, or go rancid, once removed from the perfect package — the seed.

3) **The endosperm** is the food storage for the nourishment of the embryo in the form of new leaves called cotyledons. Depending on the kind of seed, it has a specific ratio of carbohydrates, protein and fats, but it is often primarily starch, a simple sugar. This

endosperm is the part that is used most often for human food; while it has value, it is sorely missing its companions, the seed coat and embryo.

Eating a whole foods, plant-based diet, is simple. Whole foods use all three parts of a seed. It’s the way God made them. When you eat all three parts, you get the most nutrition. And why not? Any farmer or

gardener knows that when one of these three parts is removed, the seed would never germinate. So how can we imagine that it will give life to our bodies without the whole three-in-one?

We’re told the invisible things of nature reflect God. *For since the creation of the world God’s invisible qualities — His eternal power and Divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse* (Romans 1:20 NIV).

God is Father, Son and Holy Spirit. Together they form the Godhead (Trinity). This truth, an essential Christian understanding and the second of the 28 fundamental beliefs of the Seventh-day Adventist Church, is revealed in seeds. Have you ever thought that the gospel could be shown in a seed? I encourage you to share that news! In this way, a whole foods diet is an act of worship. Your diet can be seed-saving! ■

*\*Seeds from stone fruits (peaches, apricots, etc.) and apples should be avoided due to low levels of amygdalin which breaks down into hydrogen cyanide when ingested.*

*Joy Kauffman, MPH, is founder/president of FARM STEW International ministry. For more information, visit [www.farmstew.org](http://www.farmstew.org).*



▲ Joy Kauffman



# Righteousness by Faith and the Third Angel’s Message — 3

*Here is the perseverance of the saints who keep the commandments of God and their faith in Jesus* (Revelation 14:12, NASB).



▲ George R. Knight

Nearly all Adventist interpreters of Revelation 14:12 before 1888 saw “*the faith of Jesus*” as a body of truth that one could keep. Most often, however, Adventist didn’t spend much time on that part of the verse. It was the part about obedience to the commandments that got the most attention. Thus, as we noted earlier, Uriah Smith underlined the word “*keep*” when commenting on the text in January 1888, and G. I. Butler did the same for “*keep the commandments of God*” in May 1889.

Such an emphasis followed from their view that the Sabbath truth, in the context of the mark of the beast, would be God’s last message to a world ripe for the Second Coming. It is slight wonder that such an interpretation and emphasis often led traditional Adventism

into the realm of legalism. Such implications lay at the foundation of the vocabulary of their belief. Words such as “keep,” “do,” “obey,” “law” and “commandments” spelled, in their minds, the significance of the Adventist distinctive contribution to Christianity.

It was that interpretation of Revelation 14:12 that came under fire in 1888. Out of Minneapolis would flow a new understanding of the central text in Seventh-day Adventist history.

Jones hinted at the new interpretation in December 1887. “The only way in which they can ever attain to harmony with the righteous law of God,” he wrote, “is through the righteousness of God, which is by faith of Jesus Christ. . . . In the third angel’s message is embodied the supreme truth and the supreme righteousness.”

Note what Jones had done. He had equated the “the supreme truth” with “*the commandments of God*,” and “the supreme righteousness” with “*the faith of Jesus*,” which he implied was faith *in* Jesus.

At this point, we should merely note that the Greek phrase at the end of Revelation 14:12 can be translated as either faith *of* Jesus or faith *in* Jesus, as represented in the transition of today’s text from the New American Standard Bible and many other versions.

Thought question for today: What are the implications of faith *in* Jesus versus faith *of* Jesus? What difference could those implications make in your life? ■

*George R. Knight is a retired professor of Church History at the Adventist Theological Seminary at Andrews University. This article is from his book, Lest We Forget, a daily devotional, published by the Review and Herald Publishing Association, page 267, printed by permission.*



# Song #390

I am one of the reluctant people who have not embraced newer songs or different kinds of music. I am stuck in the ’70s, listening to songs that remind me of academy and college years. I decided to record songs I enjoyed on a thumb drive so I could listen to them while traveling.

I recorded two different types of songs — the best of the ’70s and spiritual songs that included the Wedgewood Trio, The King’s Heralds, The Heritage Singers, and many more.

It was a fall day this past October and I was driving home from an appointment with a surgeon who informed me I had cancer. I was devastated. Members of my family have died from different cancers. Thoughts were racing through my mind about all the scenarios of what could happen. I remember praying out loud to God, asking for reassurance that things would be okay.

Back to my music. The thumb drive that has the best of the ’70s contains 415 recorded songs. When I turned on the power to play my music, song #390 started to play. Tears started to dampen my face as I pulled over. Song #390 was “A Mighty Fortress” by The King’s Heralds. How it ended up on the ’70s thumb drive is no longer a mystery to me. It was the song I needed at that moment, and reassurance that God was with me in my condition came over me like a warm blanket.

Recently I met with a medical team at the University of Michigan. After reviewing several tests, I was told my prognosis was good to becoming cancer-free. Regardless of the outcome, I entered surgery with a sense of peace, knowing I was in God’s hands.

Part of the lyrics say, “And though this world, with devils filled, should threaten to undo us,

We will not fear, for God hath willed His truth to triumph through us.” I claim these words every day.

I am reminded of Isaiah 65:24, *Even before they call, I will answer, and while they are still speaking, I will hear.* ■

*Rocky is currently the superintendent of Olivet Community Schools in Michigan. He is a Grand Ledge Academy and Andrew University graduate.*



▲ Rocky Aldrich

### A Mighty Fortress is Our God

Hedge / Luther

1. A might-y for-tress is our God, A bul-wark nev-er fail-ing: Our  
2. Did we in our own strength con-fide, Our sure-ing would be los-ing: Were  
3. And though this world, with dev-ils filled, Should threat-en to un-do us, We  
4. That trust in Him, all pow-ers, Not shall o-ver-come: The

help-er he a-mid the flood Of mer-cy, His pre-vail-ing: For  
not the right-est man of God's own side, His chosen ones, Dost  
will not fear, for God hath willed His truth to tri-umph: Dost  
Spir-it and the gifts are ours: Through Him who with us staid, The  
only Let

still our an-cient foe: Dost seek to work us woe: His craft and power are  
ask who that may be? Christ Je-sus, it is he: Lord Sa-lu-tion, his  
Prince of Dark-ness grim, We trem-ble not for him: His rage we can en-  
good, and kin-dred sin, This met-tal life at-ten-der: The bul-wark they may



# One act of kindness inspires another

By Elijah Horton



▲ Janice and Edward McLean

## PUTTING HERSELF BEFORE OTHERS COMES NATURALLY

for Michigan resident, Janice Emanuel McLean. The naturopathic doctor recalls the night a little over 10 years ago when she was jolted out of her sleep: “I heard God clearly say to me, ‘You need to do more.’” Although she has faithfully served in various church roles as Sabbath School superintendent, Communications director, teacher, and Children’s Ministries director, McLean said she took this as a mandate from God, and prayerfully sought to heed His request. “The best thing I know how to do is serve others,” she says.

It didn’t take long for McLean to decide on a mission trip to her native Guyana. There she

partnered with a local hospital and the Guyana Conference of Seventh-day Adventists to conduct rounds with doctors, offer coaching when needed, as well as help train the hospital staff in customer service and patient flow.

That was 10 years ago. This past June, McLean and a team consisting of a physician, two dentists and 14 dental students from Loma Linda University, journeyed to Ghana where they completed a two-week mission trip. Nkoranza, located deep in the countryside of Ghana, has very little access to medical care, and McLean vividly remembers their first morning there. With the time to see patients set for 10 a.m. (although

she and her team arrived on site as early as 8:30), they were met by more than 800 people waiting for them.

Dental students did fillings, teeth cleanings and extractions, while the physicians distributed medicine, monitored blood pressure, treated chronic illnesses, conducted eye exams and handed out free glasses to those who needed them. Since the medical team did not want to encourage co-dependency on long-term medicine, those who attended learned preventative care for their bodies, such as exercise routines, stretching and dieting.

The team’s benevolence didn’t go unnoticed. When a small contingent from the team visited with the chief of Nkoranza, Nana Kyere Kuffour III, he was so grateful he donated 20 acres of land for a clinic as a gesture of support.

The medical team also worked in conjunction with Abokin, an organization which trains lay workers to give Bible studies and assist pastors to continue the work of God in Ghana. During their two weeks there, two evangelist series were held, leading to 61 baptisms and the formation of two new churches.

Now back in the States, McLean and her psychologist husband, Edward, are busy devoting much of their time treating patients at the Kalamazoo-based Uzima Lifestyle Center. “We follow the example of Jesus, the Master Healer, in assisting people to experience abundant health, utilizing God’s eight laws of health and strategies for health and wellness,” she said. They offer services such as classes in cooking, substance abuse counseling and weight management.

“I believe, above everything else, we’re God’s heart and His hands. If we’re not impacting people’s lives, we’re missing the mark.” ■

*Elijah Horton is a Chicago-based freelance writer.*

# Nuevo Coordinador Hispano Comienza en Illinois

*“Se me ha pedido que presente a nuestro pueblo el mensaje que sigue: Trabajad sin tardanza en las ciudades, porque queda poco tiempo.”*

...Nuestras ciudades deben ser trabajadas... Se necesita dinero para proseguir la obra en Nueva York, Portland, Filadelfia, Buffalo, Chicago, San Luis, Nueva Orleans, y en muchas otras ciudades.... Debe trabajarse en las ciudades. Los millones que viven en estos centros congestionados han de oír el mensaje del tercer ángel” (*Evangelismo*, pp. 29-30).

Cuando un adventista hispano escucha o lee el nombre *Bullón* sin duda le viene a la mente el evangelista Alejandro Bullón. Muchos de nosotros hemos oído sus predicaciones, ya sea personalmente o en uno de los canales adventistas de televisión. Pero lo que no todos saben es que en la familia Bullón hay otro evangelista: su hijo, Rubén Bullón.

El pastor Bullón nació en Perú, pero se crió y pasó la mayor parte de su juventud en Brasil. Comenzó su ministerio en un distrito de diez iglesias en la Asociación Planalto Central en Brazil. Durante los dos años que estuvo allí llegó a bautizar a 270 almas. Luego se trasladó a otro distrito donde fue pastor de cinco iglesias. Allí estableció una escuela, produjo programas de radio para la comunidad, organizó grupos pequeños en las cinco iglesias y bautizó a 75 almas en un año. Del año 2002 al 2009 desempeñó varios cargos en Brasil. Fue director de ministerios personales en dos asociaciones como también director de jóvenes en otra.

En el año 2010 vino a los Estados Unidos y trabajó como pastor de la Iglesia Hispana Hillsboro para la Asociación de Oregon. En ese lugar plantó una nueva iglesia bilingüe, estableció un banco de alimentos y llevó a cabo dos campañas evangelísticas por año. En el año 2012, el pastor Rubén Bullón junto con su

familia aceptó el llamado para ser evangelista de dicha Asociación.

Conoció hace algunos años al pastor Rubén Bullón en una de las reuniones para líderes hispanos a nivel de División. En ese tiempo él trabajaba como evangelista de la Asociación de Texas. En esa ocasión me impresionó mucho su entusiasmo por el evangelismo. Ha realizado sus propias campañas evangelísticas, y ha coordinado campañas de otros pastores en varias iglesias en el estado de Texas. Después de seis años en esa asociación, el pastor Bullón ha aceptado el llamado para servir como asociado ministerial y coordinador hispano de la Asociación de Illinois. Su presencia será una gran bendición para la Unión del Lago.

Estamos muy agradecidos a Dios por poder contar con el ministerio del pastor Bullón, su esposa Rosilene y sus hijas Julia y Laura. Invito a los hermanos hispanos en nuestra Unión a orar por esta familia para que Dios la bendiga en gran manera en la tarea de guiar la obra hispana en Chicago y otras ciudades en el estado de Illinois. ■

*Carmelo Mercado es el vicepresidente de la Unión del Lago.*



▲ Carmelo Mercado



Courtesy of Rubén Bullón

◀ Rubén Bullón, su esposa Rosilene, y sus hijas Julia a la izquierda y Laura a la derecha





# Witnessing on the Run

By Tangila Jefferson

**GOING THROUGH MY JUNK MAIL,** I came across a letter from AARP asking me to join, even offering me a free tote bag. “*They must’ve made a mistake,*” I thought to myself. “*I’m not old enough to receive AARP.*” I discovered that a person qualifies for AARP at age 50, and my 50th birthday was in two months.

I always have been young at heart, and turning 50 was depressing for me. “*My life is over,*” I thought. “*All of the fun years have passed, so now I am just a dead man walking.*” After a few days of thinking this way, I snapped out of it and asked myself, “*What is something that you have always wanted to do before you die?*” My response was, “*See every state.*” But I also wanted to do something that would bring glory to God.

I came up with the idea of running in a 5K race in every state, collecting a medal from each completed race as a souvenir. Turning 50 and seeing all 50 states! The races would have to be non-Sabbath races; in each state, I would meet a new friend and give them one of our spiritual books. I also would say a prayer over each state, asking the Lord to save all those that are His and that they would *come out of her my people* (see Revelation 18:4), praying the affirmation found in “Take me, O Lord, as Holy Thine . . . use me today in Thy service” (Ellen G. White, *Steps to Christ*, p. 70).

Asking the Lord to guide me as to whom should receive a book has given me an adventure that I will never forget. To date, I have completed 14 races and have passed out over 40 books. Allow me to share a few of my experiences as God has lead me along the way.

My first race was in Chicago on April 15, 2018. I had a fever that morning (later diagnosed with the flu) and

was tempted to skip the race, but it was my first one and there weren’t any refunds. Maybe it was a test to see if I would truly follow through. I ignored my physical condition and decided to attempt the race.

Completing the race would be the easy part. Being a shy introvert makes it difficult for me to approach strangers. Before the race, I sat in my car and prayed, “*Lord, I can’t do this. No one is going to want this book [Great Controversy]. I’m scared, Father. Please help me to know who should receive it.*”

I stepped out of my car and, before I could even close the door, a lady called out to me. “Hey there! I have two of those at home!” she stated, while pointing at my Mini Cooper car. I engaged her in a conversation, telling her that this was my very first race of my new-found journey. Gina happily agreed to take my book and be my friend from Illinois!

In North Dakota, I approached a woman named Donna who appeared to be rather sad. She opened up and shared with me a problem in her life. I told her I would pray for her, and then offered her one of my books. She chose *The Incredible Power of Prayer* by Roger Morneau; after I explained to her how the author was delivered from going to “the other side,” she was very happy with her choice. “My son could really use this to wake him up from thinking he can play around with that stuff!” she remarked.

While in Seattle, I had my first impression from the Lord. I was having some trouble trying to find the waiting area for my bus at the local city bus transit station to catch a ride to my hotel, so I decided to ask one of the security guards for directions. Due to a

calf injury I had sustained during one of my previous races, I had a noticeable limp which the guard seemed to recognize as I approached. He kindly gave me the necessary directions and proceeded to escort me to the location, most likely assuming I needed assistance. Justin was his name, a young man who appeared to be in his mid-thirties. As such, I decided not to witness to him since I preferred to witness to women only.

We eventually reached the waiting area; rather than leaving, he continued to share with me certain things currently happening in his life. He shared how he was retired from the Army and was raising a family. He

was raised a Mormon and had left the church, recalling that “it just wasn’t right.” He kept talking to me as I waited for the bus, explaining to me how something was missing from his life. I then heard a still small voice say, “*Give him the book.*” I brushed it off because he was a young man and I don’t witness to men. I had already given away my book for this city, anyway, so I thought to myself, “*No, Lord, send a man to him instead.*”

The bus was running late, and everyone at the stop was growing slightly agitated from the delay, including Justin. “This bus is never late! In all my years of working here, this bus has never been this late,” he said out loud. As the people around me started to complain about the tardiness of the bus, I felt another

impression. “*The bus will not come until you give him the book.*” Searching through my belongings to see if I even had a book to distribute, I came across a copy of *Steps to Jesus*.

“Justin, you’ve been telling me your life story, your hardships, and how you know that something is missing in your life. It’s the Lord,” I told him. “Give Him a try.” With that, I handed him the book. Pondering my words, he took the book as tears began to form in his eyes.

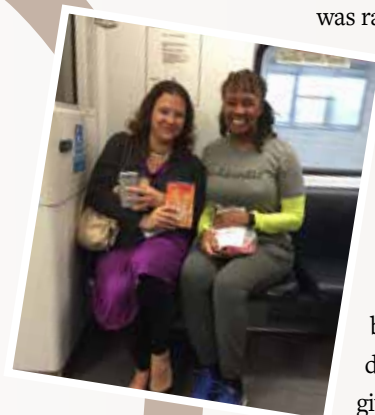
“Yes, ma’am,” he replied thankfully, “and I’m going to read it.” Within one minute of me offering Justin the book, our bus pulled up to the stop.

I’ve made over 40 new friends so far on my journey, some of them now following me on Facebook to chart my progress from state to state. Throughout this adventure, I have received a tremendous blessing from the Lord with a newfound boldness to be able to approach total strangers. To date, every stranger I have approached has agreed to be my friend and has accepted a book.

I’ve planned my last race to be in Maryland in 2020 as I finish with a tour of our General Conference office.

I give all honor and glory to God for His leading in this adventure. It will be my greatest joy to meet one of these precious souls in the Kingdom! ■

*Tangila Jefferson is Personal Ministries leader at the New Albany Church in New Albany, Indiana.*



*Lord, send a man to him instead.*



LAKE UNION HERALD







# FORGOTTEN Women OF ADVENTISM

As we celebrate the role the Lake Union has played in the birth of Adventism, it's important to acknowledge the individuals, both men and women, who contributed to the growth and development of our Church.

If you ask any member of the Church today to name a female pioneer of Adventism other than Ellen White, chances are they will come up short. Sadly, few early Adventist women are given the recognition due them for the work they accomplished in the Church. The stories of these women are largely unknown, their names lost among more famous pioneers, such as Uriah Smith, William Miller, James and Ellen White, and others.

The idea that women have a role to play in the church has never been foreign to me. Being the daughter of a theologian, the issue of women in ministry and women's ordination was normal dinnertime table talk growing up. Being a young woman in Adventism today, it saddens

me that my church has to argue about whether or not I am able to contribute to ministry simply because of my gender. Like many others of my generation, I find myself frustrated that this is such a big issue in the church that I love. However, hearing the stories of these forgotten women has encouraged me that, no matter how caught up we are by controversy, human ordinances are ultimately incapable of destroying God's plans. Despite immense obstacles, early women of Adventism were able to accomplish great things, either through their work as preachers, missionaries and teachers, or through the impact of their lives. These are their stories — stories of hope, miracles, determination, faith and courage.

By Caitlin Jankiewicz  
Illustration by Greg Constantine

## Lulu Wightman



Lulu Wightman experienced a call to ministry early in her married life. Despite opposition from the conference to a woman's involvement in ministry, but with the support of her husband, Wightman began her first evangelistic series in 1896. Her preaching and teaching ultimately resulted in a church plant of 26 members and, in 1897, this church was accepted into the New York Conference and Wightman was granted a ministerial license. Together with her husband, she continued her evangelistic work for the next decade, establishing 17 church plants throughout the New York Conference. In spite of Wightman's success in evangelism, there were still those who questioned her place in ministry. This was evidenced by a letter from a Presbyterian minister objecting to a woman in the pulpit, as well as by the hesitation of the Conference to grant her ordination and a corresponding salary. Although the Wightmans ultimately left Adventism on the basis of doctrinal disagreements, the work that Wightman accomplished is undeniable. In her book, *Called by God*, Josephine Benton summarizes Wightman's achievements: "From village to town to city, from tent to legislative hall to church, Lulu Wightman and her husband communicated the Good News of salvation in Christ and the distinctive teachings of Adventism with tremendous energy and dedication. How many people will enjoy the Kingdom of Heaven because of their ministry only eternity can reveal."

In 1855, Sabbath-keeping believers in Michigan invited Adventist Church co-founder Ellen White and her husband, James, to move to Battle Creek, where they promised to run the Church's printing press. The newly-established believers in Battle Creek organized into a world church structure in 1863, calling themselves the Seventh-day Adventist Church. Over the years, there have been several **women with ties to the territory that would later be known as the Lake Union** who have played an influential role in the leadership and growth of the Adventist movement.

**Drusilla Lamson**, pioneer physician at the Health Reform Institute and Battle Creek Sanitarium, worked in cooperation with Ellen White on health issues relating to women, particularly teaching about unhealthy dress practices.

1824 – 1883

**Minerva Jane Loughborough Chapman** began work as a typesetter at the Review and Herald. Later she was made secretary-treasurer of the Publishing Association until appointed editor of *Youth's Instructor*.

1829 – 1923

**Adelia Patten Van Horn** is credited with starting Bible lessons especially for children and youth in 1863. Was fourth editor of *Youth's Instructor*. From 1871 to 1873 she served as the fifth treasurer of the General Conference.

1839 – 1922



# Anna Knight



**Anna Knight** was born to a sharecropping family in Mississippi in 1874. Growing up in poverty and unable to go to school, Knight taught herself to read and encountered Adventist literature via mail order, which ultimately led her to become a member of the Seventh-day Adventist Church in 1893. Upon obtaining a degree from Battle Creek College, Knight returned to her home state to establish a school where she taught not only children, but also adults in areas ranging from reading and writing to cooking and lifestyle. In 1901, Knight was selected by John Harvey Kellogg to be a representative at the Battle Creek General Conference. While there, she became aware of a need for missionary nurses in India. After seeking God's direction, she departed for India, becoming the first black Adventist woman to do mission work. Assigned to work at Karmatar Training School, Knight's responsibilities included teaching Bible and English, as well as tending to general medical needs, overseeing the mission accounts, and creating a successful garden. After several years in India, Knight returned to Mississippi and again worked in her home community to reignite the Adventist school and church there, which had fallen into disarray in her absence. In 1910, Knight received and accepted a call to become the administrator for a Black sanitarium in Atlanta, Georgia. Her work there caused Atlanta to become a thriving center of African-American community resources. In 1922, Knight took leadership of the National Colored Teachers Association of Seventh-day Adventists as its first president, a post in which she remained for nearly 50 years until her death in 1972. In her nearly 100 years of life, Knight made 11,744 missionary visits and traveled around the world an equivalent of 23 times, founded dozens of schools, sponsored many students through their studies, and spoke at countless conventions on the subject of education. Despite her humble origins, Knight became a powerful force for the expansion of the Adventist message, both at home and around the world.

**Sarepta Miranda Irish Henry** was born on November 4, 1839, into the family of a Methodist minister in Albion, Pennsylvania. She had very little formal education, being taught mostly by her father at home until she was 19, when she entered Rock River Seminary in Illinois. From an early age, Henry showed exceptional literary ability, and her work made regular appearances in various religious magazines. In 1861, she married James Henry, who left her widowed with three children 10 years later. In 1874, when she discovered her son had become involved with a saloon, Henry jumped into action, organizing the women of Rockford to promote temperance, eventually joining forces with the recently formed Woman's Christian Temperance Union. This effort she valiantly continued until her health forced her to enter the Battle Creek Sanitarium, completely bedridden, in 1896. Later that year, however, after accepting Adventism, Henry was miraculously healed by prayer, and returned to her temperance and evangelistic work. It was during this time Henry struck up a close correspondence with Ellen White, who was working in Australia at the time; although the two women never met in person, White wrote in one of her letters that Henry's ideas were refreshing and "in harmony with [her own] mind" (Ellen G. White Letter 118, 1898). White encouraged Henry to begin the work of creating a "woman ministry" in the Adventist church. Henry began writing regularly for the *Review and Herald*, and was ultimately given her own page, titled "Women's Gospel Work," which was filled with various resources for women, including poetry, letters, practical advice and Bible studies. Henry continued this work until 1900, when she suddenly died. Although active work in the area of women's ministry ended with her death and didn't begin again until the 1970s and '80s, Henry's work made a significant contribution to the Adventist women in her time and laid the foundational ideas for the women's ministries in existence today.



# Sarepta Miranda Irish Henry

**Katherine "Kate" Lindsay** entered the University of Michigan in 1870 with the second class that accepted female medical students, graduating top of her class. She returned to Battle Creek and campaigned tirelessly for an Adventist nursing school.

1842 – 1923

**Nellie H. Rankin Druillard (1844–1937)** A teacher by training and experience, she was one of Adventism's most remarkable women and a particularly able financier. Also instrumental in establishing Emmanuel Missionary College, later known as Andrews University.

1844 – 1937

**Jennie Thayer** was active in the Michigan Conference Tract Society and assisted J.N. Loughborough in editorial work in England. She then became the Atlantic Union Conference secretary-treasurer and auditor.

1853 – 1940

**Eva Perkins Miller Hankins** taught at Battle Creek 12 years; she and her husband were among the first to go to Africa as missionaries in the field of education. She worked briefly as Indiana Conference's educational secretary.

1858 – 1942

**Lauretta Eby Kress** graduated from the University of Michigan School of Medicine. When the Washington Sanitarium and Hospital opened, she was the first surgeon. She is said to have delivered more than 5,000 babies during her career.

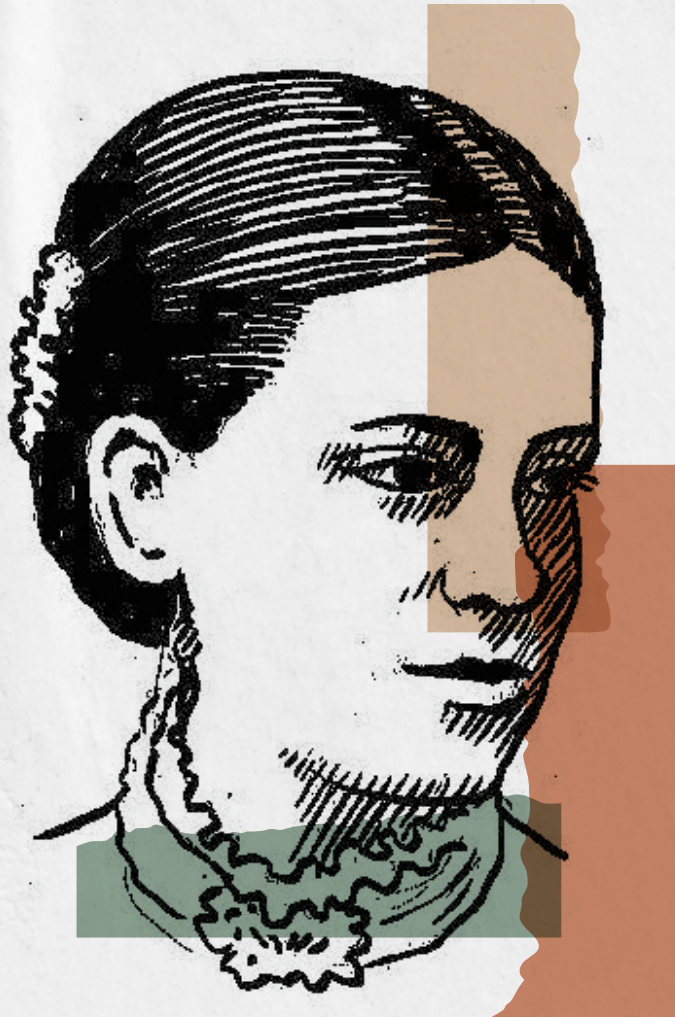
1863 – 1955

**Flora Harriet Lampson Williams** attended Battle Creek College and began a career in public school teaching. In 1910, she was called to head three conference-level departments in western Michigan — Education, Missionary Volunteer and Sabbath School.

1865 – 1944



# Mary Sisley Boyd



**Mary Sisley Boyd**, known as "Maud," was born in 1851 in Kent, England. However, in 1863, the Sisley family emigrated to the United States where they became members of the newly formed Adventist Church. As a teenager, Boyd began working at the Review and Herald Publishing Association where she worked in the typesetting department. She subsequently spent 13 years doing publishing and evangelism work. At some point during this time, Boyd felt God asking her whether she would be willing to do anything He asked of her. Recognizing herself to be incapable of such surrender on her own strength, she pleaded with God to do the work of surrendering in her. The very next morning, she received a letter calling her to mission work in Switzerland. Boyd accepted and, in 1877, she accompanied J.N. Andrews on his missionary travels to Europe, becoming the first Adventist single woman to serve in a foreign mission field. Two years later, she spent a short while in England, assisting J.N. Loughborough with the tent evangelism he was running there. By this time married, Boyd and her husband, Charles, then served in the American west for eight years. In 1887, the Boyds became some of the first missionaries to serve in South Africa, founding Solusi Mission which became Solusi University. Sadly, during their time there, the couple lost a daughter, Ethel, and were forced to return to the United States in 1891 when Charles' health failed. After the death of her husband in 1898, Boyd traveled to Australia, where she taught at Avondale College and worked as a Bible worker for more than a decade. Returning to the United States, Boyd served at Loma Linda and Glendale sanitariums as a Bible instructor and matron for 17 years. Finally retiring at age 82, Boyd returned to Australia, where she died in 1937. Boyd's enthusiasm and willingness to follow where God led was instrumental to the spread of the Adventist message across the globe, ultimately leading to the World Church as we know it today.

**Dr. Leona Running**, professor of ancient languages at the Seventh-day Adventist Theological Seminary for more than 40 years. She knew 17 languages and taught most of the Adventist ministers who passed through the seminary during her years there.

**Source:** Historical information is taken from Kit Watt's chapter, "Ellen White's Contemporaries: Significant Women in the Early Church" in *A Woman's Place*, edited by Rosa Taylor Banks; from *Notable Women of Spirit* by John G. Beach; and the Seventh-day Adventist Encyclopedia.

1917 – 2016

Source

# Eva Beatrice Dykes



**Eva Beatrice Dykes** was born in Washington D.C., August 13, 1893. From a young age, Dykes showed a strong affinity for the humanities, particularly music and language. She graduated from Howard University summa cum laude in 1914 with a Bachelor of Arts in English. After teaching at Walden University in Tennessee for a year, Dykes sought to earn a Master of Arts from Radcliffe College, a women's college now part of Harvard University. However, Radcliffe did not acknowledge her degree from Howard, so she was forced to earn a second Bachelor of Arts, which she completed in 1917, graduating magna cum laude. In 1920, Dykes earned her Ph.D. from Radcliffe, becoming the first black woman to do so,<sup>1</sup> and proceeded to teach at Howard for 23 years. Dykes won a number of awards for her teaching during her time there. Having become an Adventist at the age of 27 in 1920, Dykes began writing a regular column for the *Message*, an Adventist publication for black members, in 1934 and continued to do so for 50 years. Dykes also authored several scholarly books as well as countless articles for various publications. In 1944, Dykes resigned from her place at Howard to accept a position at the then unaccredited and mostly white-staffed Oakwood College, where she taught English and Latin. Recognized as a musical prodigy as a child, Dykes became actively involved in the musical programs at Oakwood, conducting choirs and organizing the Aeoleans, a choral group that has since gained worldwide renown. Dykes was the first staff member at Oakwood to bear a doctorate and became a powerful force in Oakwood's effort to gain full senior college accreditation, achieved under her chairmanship in 1958. Upon her retirement at age 80 in 1973, Oakwood's library, named in her honor, was dedicated. Dykes was awarded a Certificate of Merit from the General Conference Education Department and given the Adventist Citation of Excellence at the General Conference Session of 1975. Dykes died in 1986 at the age of 93. Dykes' determination to acquire knowledge despite obstacles, given her ethnicity and gender, and her dedication to then sharing that knowledge significantly impacted the quality of education at what is now Oakwood University and touched countless students' lives.

In researching the stories of these forgotten women, the thing that struck me most was the way in which a single person's life, when surrendered completely to God, can be so significant in furthering the gospel message. Each of these women were but a single flame lit within the darkness of their world, yet each brought so much light to their respective corners. Although their names are beginning to slip into anonymity, the feats that they were able to accomplish merely within their lifetimes live on. ■

Caitlin Jankiewicz is a sophomore Computer Science and Math major at Andrews University

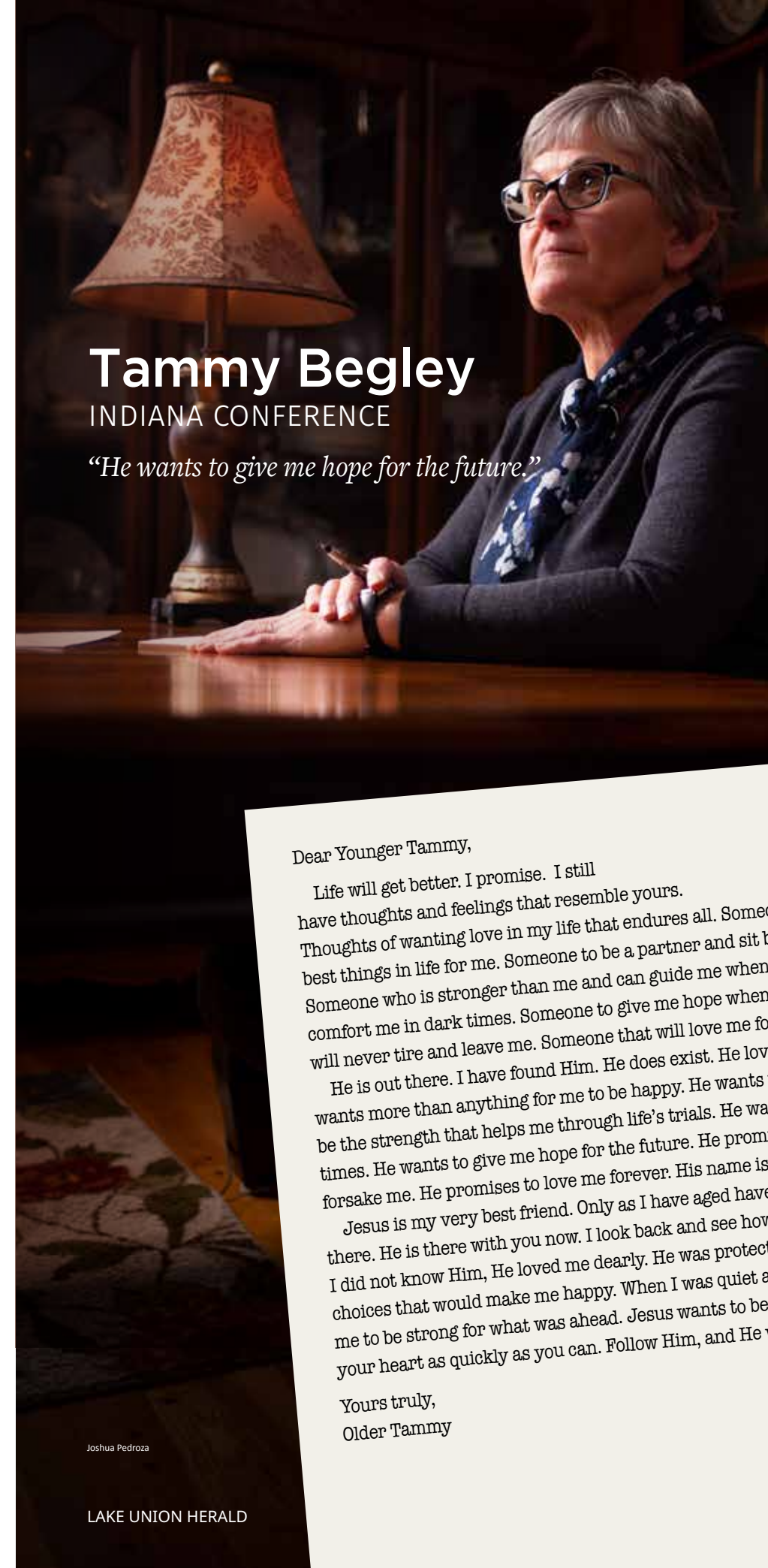
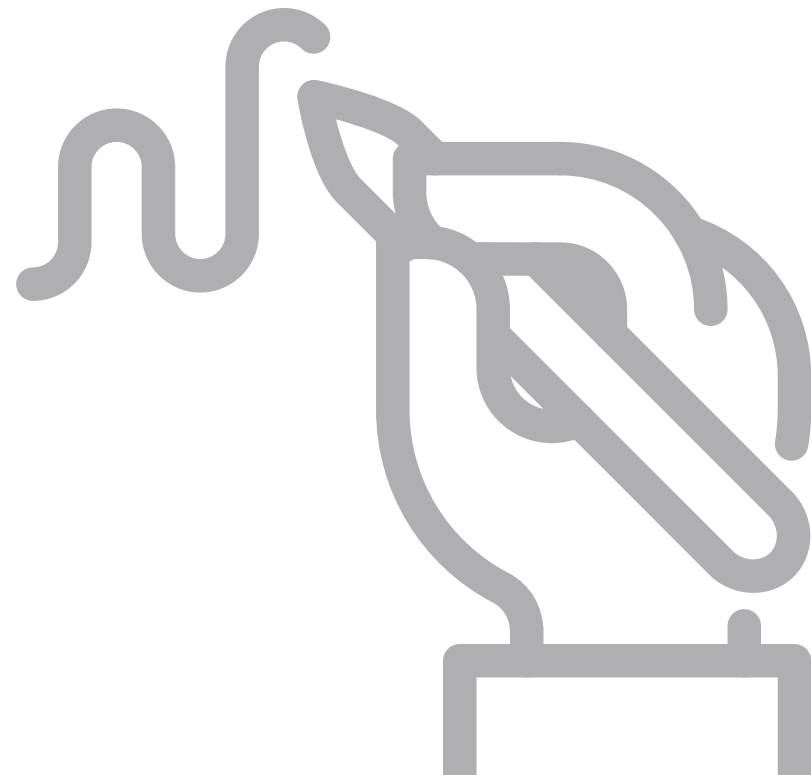
<sup>1</sup> Dykes was the first black woman to complete all the coursework for a Ph.D. However, because of graduation scheduling, she was the third black woman to formally receive the degree.



# What I Know Now

## Letters to My Younger Self

If you could somehow postmark a letter back through time to your younger self, what age would you chose and what would it say? We posed these questions to our **Women's Ministry leaders**, a group of resilient, courageous women who didn't flinch in sharing crucial moments from their pasts when they could have most used the wisdom they now possess. Here are their deeply personal stories of heartbreak, pain and, most importantly, God's reckless love for them.



## Tammy Begley

INDIANA CONFERENCE

*"He wants to give me hope for the future."*

Tammy Begley didn't know what to do when she found herself pregnant at age 15. Her parents were disappointed because they knew too well the difficulty of starting a family at such a young age. They loved her and helped all they could. At 16, one week after her birthday, she married a young man who was only 19. He had big dreams but struggled with responsibilities of a wife and a child. In Tammy's heart, she knew it would never last. And she was right — it didn't. She felt as if she had failed her baby girl and wondered if she would ever find someone to love her and her child. Tammy eventually remarried and says her husband is responsible for showing her to the One Who loves her more than anything, her friend Jesus. Tammy wrote this letter to herself at age 15.

Dear Younger Tammy,

Life will get better. I promise. I still have thoughts and feelings that resemble yours. Thoughts of wanting love in my life that endures all. Someone who sees and wants the best things in life for me. Someone to be a partner and sit beside me along the way. Someone who is stronger than me and can guide me when I am weak. Someone that will comfort me in dark times. Someone to give me hope when I have none. Someone who will never tire and leave me. Someone that will love me forever.

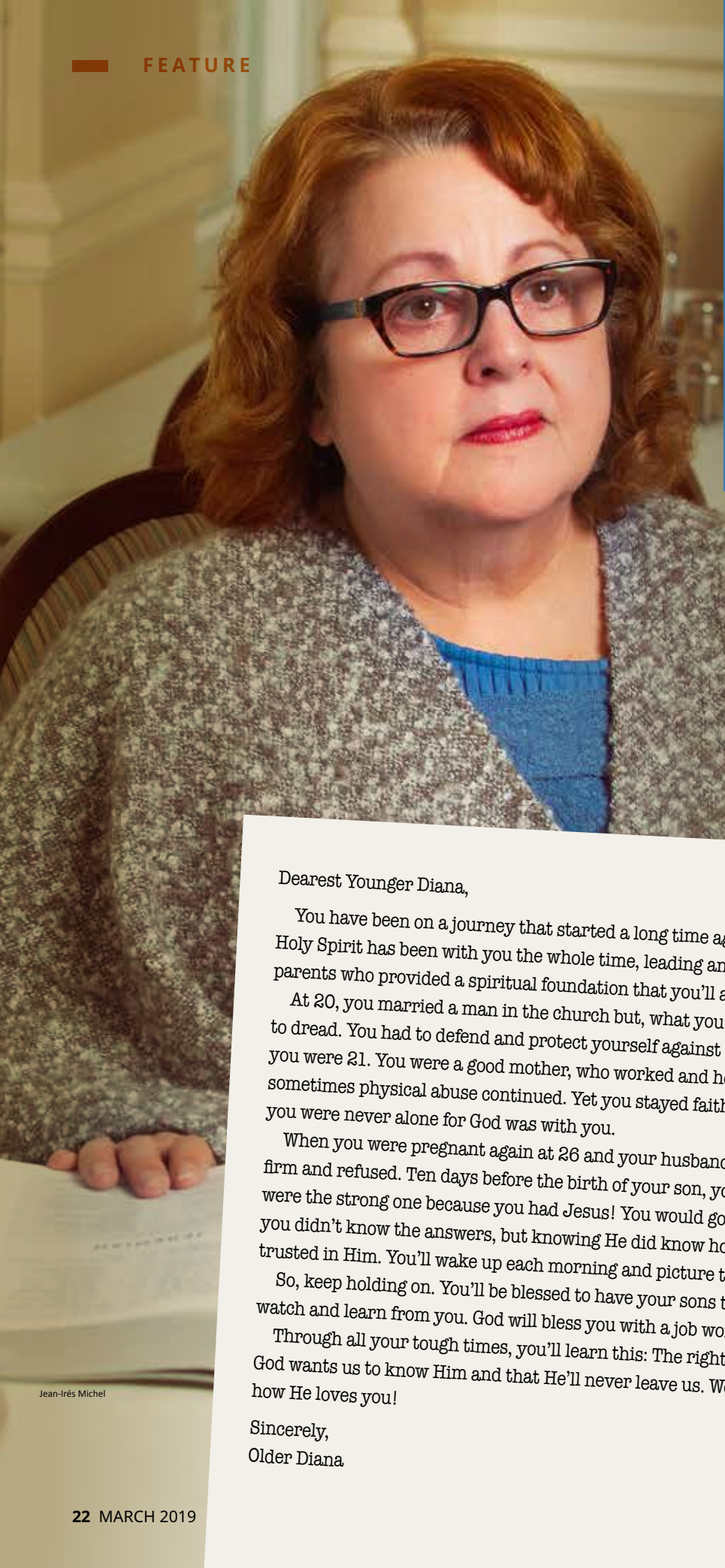
He is out there. I have found Him. He does exist. He loves me with His whole heart. He wants more than anything for me to be happy. He wants to sit beside me. He wants to be the strength that helps me through life's trials. He wants to be the light in those dark times. He wants to give me hope for the future. He promises He will never leave me or forsake me. He promises to love me forever. His name is Jesus.

Jesus is my very best friend. Only as I have aged have I realized that He was always there. He is there with you now. I look back and see how He has worked. How even when I did not know Him, He loved me dearly. He was protecting me and helping me to make choices that would make me happy. When I was quiet and shy (as you are), He helped me to be strong for what was ahead. Jesus wants to be your very best friend. Give Him your heart as quickly as you can. Follow Him, and He will lead the way.

Yours truly,  
Older Tammy

Joshua Pedroza





## Diana LaMar

ILLINOIS CONFERENCE

*“God was your constant companion, and never were you alone...”*

Just months after 16-year-old Diana LaMar had joined the Adventist church came the devastating news. Her older sister, Laurel, had died unexpectedly. “My grief was profound,” she said, but, through it all, “I never doubted the presence of Jesus. I leaned on Him and felt loved and comforted.” She enjoyed reading Ellen White’s *Early Writings* as it gave her “such understanding of how real and personal God is and how much He cared for me.” Fast forward a few years later and Diana was confronted with another crisis in her personal life. This letter, written to her 26-year-old self, is a reminder of the One Who is the Source of her strength.

Dearest Younger Diana,

You have been on a journey that started a long time ago. You didn’t think you were strong, but the Holy Spirit has been with you the whole time, leading and guiding your steps. God gave you Christian parents who provided a spiritual foundation that you’ll appreciate as life goes on.

At 20, you married a man in the church but, what you thought would be wonderful, quickly turned to dread. You had to defend and protect yourself against an abusive husband. Your son was born when you were 21. You were a good mother, who worked and helped provide for your family. The mental and sometimes physical abuse continued. Yet you stayed faithful. God was your constant companion, and you were never alone for God was with you.

When you were pregnant again at 26 and your husband pressured you to abort the child, you stood firm and refused. Ten days before the birth of your son, you were abandoned by your husband. But you were the strong one because you had Jesus! You would go to bed at night talking to God, telling Him you didn’t know the answers, but knowing He did know how things would work out. You had faith and trusted in Him. You’ll wake up each morning and picture the angels being with you, giving you strength.

So, keep holding on. You’ll be blessed to have your sons throughout the difficulties, and they will watch and learn from you. God will bless you with a job working for the same company for 42 years.

Through all your tough times, you’ll learn this: The righteous person will live by faith (Habakkuk 2). God wants us to know Him and that He’ll never leave us. We are never forgotten (see Heb. 13:5). Oh, how He loves you!

Sincerely,  
Older Diana

Jean-Irès Michel

## Doris Gothard

LAKE REGION CONFERENCE

*“Whenever life’s challenges get tough, look up.”*

Dear Younger Doris,

Losing your grandpa is going to be hard, but a man so full of laughter, kindness and love will remain an example in your life today. His death will teach you these five lessons:

Rise early. Farm life is hard work, but you’ll learn the importance of starting your day early and with a hearty breakfast. Each day, with grandpa seated at the head of the table while eating breakfast, lunch and supper with our family, you’ll learn that no matter how busy your schedule gets, always rise early and eat with your family.

Work hard. Grandpa told you the truth — there is value in hard work! As you plant the garden, chop wood, haul coal, milk the cows and care for the farm animals, you’ll earn enough money to feed and clothe your family. But the income won’t be steady; get a college education for more stability.

Church is important. You are fortunate to go to church every week with grandpa. This practice will teach you so much about Jesus, prayer and faith! You are wise to make a decision to accept Jesus Christ into your heart.

Don’t harbor hatred. You were tested when your cousin and best friend threw hot coal on your younger sister, but grandpa was right when he said, “Jesus forgives us when we repent and ask Him for forgiveness, so forgive your cousin.”

Keep looking up. Math is hard but listen to grandpa on how to improve your grades. He’s correct in telling you, “Whenever life’s challenges get tough, look up! Pray! God is always ready to listen and help you!”

With gratitude,  
Older Doris

Doris Gothard grew up on an Alabama farm milking cows and picking cotton while listening to her grandfather tell stories. It was a difficult yet charmed life — until age 10 when her world came crashing down. A loud knock on the door at midnight startled her and her grandmother out of bed. At the door was a neighbor to relay grim news: her grandfather’s vehicle was struck by a drunk driver traveling over 80 miles/hour in the wrong direction. At the hospital, her grandfather succumbed to injuries sustained in the head-on collision and Doris was left to make sense of the senseless act. Doris wrote this letter to her 10-year-old self.



Jason Gloudon



# Jane Harris

## MICHIGAN CONFERENCE

*“Be sure to ask God what He thinks.”*



Jane Harris grew up in Williamston, Michigan, as the last child born to a mother who had advanced polio. It was a miracle she was even born, or so she was told. Her parents divorced when she was seven; as a result of this and her mother's health challenges, she spent a lot of time in other people's homes. She grew up fearing abandonment and change was difficult for her. Her siblings were much older and already independent so, as she grew, she assumed the bulk of her mother's care. Despite her failing health, her mother was a wonderful Christian and always spoke lovingly about Jesus. In Jane's teen years, she began attending Grand Ledge Academy on a scholarship and with support from her church. She lacked confidence in other people, as well as herself, but Jesus rescued her from that. He has used each of those challenges to build her faith and develop a character she otherwise might not have had. He also has produced empathy and sympathy in her heart for young people and women. Jane wrote this letter to her 15-year-old self.

Dear Younger Jane,

If I could go back, I'd say, "Don't be afraid." Fear is like fire; it sucks the oxygen out of the air and chokes out peace and faith. It will suffocate you and your dreams. Never let it get out of control by taking your fears to the Water of His Word.

I'd warn you that loss of relationships and loved ones comes to everyone, but I'd also encourage you that there is nothing you are not strong enough to handle with help from Jesus. You can endure. You will endure. I'd say that if you've lost something and it hurts, it's because it was precious to you. It's because you loved . . . and love for others is not natural in the human heart. If you love, it means Jesus is living in you.

I'd inform you that the greatest lessons in life come when you must rely on others. Here's a secret for you . . . that others need us to need them, so don't be ashamed to ask for help.

I'd share that your ideas will be challenged, and that change is inevitable. Growth is a wonderful miracle in nature, but it's even a more wonderful miracle in ourselves. Never be afraid to listen to others, as they have experiences to share, but be sure to ask God what He thinks, how He would respond, and for His Truth. His knowledge and understanding are perfect, and He will grow us when we are ready.

I'd want you to know that God will never leave you or abandon you. God created you; He knew you before you were born; and He has a plan for you. He will take you on an amazing journey, bring you to those things that seem impossible and, finally, He will bring you into His perfect will for your life. If you let Him.

With love,  
Older Jane

Andy Im

# Patricia Antoine-Norton

## WISCONSIN CONFERENCE

*“He hears you when you call and answers your every prayer.”*

Anthony Isense



Dear Young Pat,

I know you want to have a career in the medical field and have asked mom for advice. Should you be a doctor or a nurse? Mom, who knows you best, advises against it because she says you don't have the patience and you are not gentle enough.

But then a documentary featuring physical therapists working with a baby, moving the arms and legs and the head to help with crawling, made such an impression on you and influences your career choice. So, you work full-time and attend school part-time in the hopes of achieving your goal of becoming a physical therapist.

When your parents respect your decision of becoming an Adventist and decide to fully support you emotionally and financially in your physical therapy studies at Andrews University, that was only by the grace of God. Isn't He great?!

When you learn that you're dyslexic, and have problems with numbers, mathematics, history and dates, causing you to check and recheck phone numbers, you wonder how will you even graduate from college? You learn that getting enough sleep is very important and helps you think so much more clearly. When you eventually graduate on Sunday morning and are married Sunday afternoon since everyone is present for graduation, it's further confirmation that God is indeed good. He hears you when you call and answers your every prayer.

As you travel to Berrien Springs, Michigan; Staten Island, New York; Elizabeth, New Jersey; Ann Arbor, Michigan; Plymouth, Minnesota; Columbus, Indiana, and later Racine, Wisconsin, Christ is right there by your side, guiding you with His Holy Spirit.

My prayer for you is this: Don't give up. Keep persevering. Always have a positive attitude and outlook. Rely on God. Trust in His plan and timing. Study His Word and God will bless you each day in Him.

Love,  
Older Pat

During her high school years in Trinidad, Patricia Antoine-Norton struggled to make decent grades and wound up failing the examinations to attend college. She was forced to repeat her final year of high school. When she finally passed the second time around, she enrolled in a Seventh-day Adventist institution, Southern Caribbean University, where she was introduced to the Bible and Christian beliefs. It was a transformational experience. At age 19, without her parents' approval, she made the bold decision to be baptized. In the ensuing years, Norton went on to graduate from Andrews University in the first class of physical therapy students in 1988. She wrote this letter to her 24-year-old self.



# New chief Adventist mission officer, Ismael Gama, emphasizes collaboration

**Q: You joined AMITA Health in June as senior vice president and chief Adventist mission officer. What is your background?**

A: I most recently was executive director of Behavioral Health and Wellness at Adventist HealthCare's Washington Adventist Hospital in Takoma Park, Md. I had previous positions at Adventist HealthCare hospitals in Maryland, and also was a pastor of Sligo Church in Takoma Park.

**Q: What attracted you to AMITA Health?**

A: The main attraction was having the Adventists and Catholics coming together to keep their mission going. It was exciting to see how we could integrate our mission of "extending the healing ministry of Jesus" in our markets and communities. I thought, *"This is something new, and I want to be part of it."*

I am working with Mary Paul, interim chief Catholic mission integration officer. The Catholic and Adventist traditions have some differences, but we have much more in common. For all of us, extending the healing ministry of Jesus means to have that compassion, to have that sense of justice.

**Q: Central to mission integration are the mission trips. What are you working on now in terms of both local and international trips?**

A: In our first Mission at Home in last June in Harvey [Ill.], we served 207 patients in one day, which was amazing. We plan to have two domestic missions a year, starting April 27 in Harvey. These missions re-energize the people who participate. It's a hard day working, but it reconnects us to why we came to health-care to begin with.

I and about 30 others are going to El Salvador in November for our next Global Medical Mission. After this trip, we will take a short break to restructure our international missions a little, especially to involve some of our administrators to visit with administrators overseas. We want to form a kind of partnership of the heart, almost like sister cities. That will help create a continuum of care.

**Q: What are some of the other new initiatives on which you are working?**

A: We are very aware that any interaction anywhere within our system has a spiritual component. We are treating the whole person — mind, body and spirit — for associates and patients alike. We have several ongoing programs in this area.

For example, we have begun a program called Clinical Mission Integration, which provides spiritual support for



Photo by Jim Svehla

▲ New chief Adventist mission officer, Ismael Gama

our associates in the outpatient setting. We also are training interested people throughout within the system to be spiritual ambassadors. They act as a type of first responders for those who need spiritual care, supporting them, praying with them, or just listening.

We have a program called No One Dies Alone, or NODA, to teach volunteers how to be with a dying person. At a recent meeting in Bolingbrook, more than 200 people from the community came out to volunteer for NODA, when we expected only 30 to 40. And we just started a program in cooperation with local academies that is designed to promote healthy lifestyles among young people.

We try to find ways to meet the needs of people both inside and outside AMITA Health. We are very careful to make sure that the integration of our mission has more than an internal focus, because we are serving entire communities. ■

Julie Busch, associate vice president, Internal Communications, AMITA Health

# Bringing healing and hope through song

*Department of Music teaches lessons at local prisons*

Every Thursday morning, six to 10 incarcerated teenagers at the Saint Joseph Correctional Facility in Berrien County, Mich., attend a music lesson hosted by the Andrews University Department of Music. It also holds a weekly Saturday music education program for 12–15 male inmates at the Westville Correctional Facility in Indiana.

Adriana Perera, chair of the Department of Music, has been going to Saint Joseph since January 2018. This smaller program only allows one music teacher to attend at a time. The Westville Saturday program, also known as the "Beyond Bars" ministry, started in October. At that time, 28 Andrews University music faculty, staff and students volunteered and attended a training session provided by Rod Kitchen, the Westville Correctional Community Service coordinator. Currently the group rotates so that approximately 5–7 students and faculty attend each week. Inmates are given music theory, keyboard, guitar and singing lessons.

The inspiration for this outreach came from an experience Perera had as a music teacher in Spain. She would go with the choir to the prison there and sing for special occasions, like Christmas or Easter. A choir member friend of Perera's visited the prison every Saturday and eventually initiated a choir. She and her husband, both musicians, led the choir for 10 years in Valencia. Perera says, "Their testimony has been an inspiration for me. Now my husband and I are leading this local prison ministry project together. He also is an educator, and loves to sing and teach songs in several languages."



David Quero

▲ Adriana Perera, right, with a group of volunteers as they prepare to visit the Westville Correctional Facility in Indiana.

Even though the prison outreach is relatively new, the results are beautiful. Students in Saint Joseph are writing melodic dictations, and some are now able to play an excerpt from Beethoven's "Für Elise," or the first few bars of "Lean on Me." In Westville, prisoners continually express their love of the program and their excitement to participate. Perera shares, "Each Saturday when we finally arrive and get to the room (after going through many security procedures), they are already sitting and anxiously waiting for the class to start. That is moving to see!"

While it is indeed a challenge to attend every week, the end goal is to find more volunteers to participate in Saint Joseph so there is a rotating schedule like Westville. Furthermore, Perera also is working hard to establish a choir in Westville and have them sing for

Christmas and other special events. There is, in fact, a theater inside the correctional facility, and the Department of Music would like to present a music recital there at least once a year.

"Music is powerful beyond words and can do what words alone can never do. When you go to the prison, you see how music brings light and joy to the lives of these people," shares Perera. "Music touches their hearts, connects with their souls. It brings a smile to their faces and, oftentimes, tears. Melody and rhythm help them to remember the lyrics, so when we sing 'Amazing Grace,' you know its message has been planted in their heart and will resonate in them during the week. That is my favorite part and the most rewarding aspect of this ministry." ■

Hannah Gallant, University Communication student writer, Andrews University



CONFERENCE NEWS

# Lake Region pastors meet prominent Chicago faith leaders for deeper community engagement

LAKE REGION—A group of Chicago pastors met with community faith leaders to develop an action plan for addressing social ills plaguing the community, including ways to curb the city’s intractable gun violence.

The group of pastors engaged in a listening session with three prominent faith leaders who are the forefront of calling attention to problems in Chicago. One issue on everyone’s radar: the crime stats. In 2018, almost 3,000 people were shot in the city resulting in 600 homicides, according to Chicago Police Department figures.

Father Michael Pfleger of St. Sabina Church, the city’s largest African-American Catholic congregation and well-known for logging thousands of protest marches fueled by a furor over inequity, social justice and gun violence, offered a unique perspective. Edward Woods III, Lake Region Conference Public Affairs and Religious Liberty director, said the group was impressed by Pfleger’s servant leadership and willingness to “roll up his sleeves and get in involved in the community. In fact,” said Woods, “Pfleger told us: ‘I’m the pastor of the community. Everyone that lives in the community is my member. The people on the church rolls are enlisted soldiers.’”

At Trinity United Church of Christ, Darryl Brown, director of Multi-media Communications, and Rev. Rochelle Michael, director of Pastoral Services, under the leadership of Rev. Dr. Otis Moss III, told the group how they effectively developed a curriculum galvanized around the message of love and justice. Trinity United Church, said Woods, has a wide range of ministries and services such as a film festival and a printing

press publishing material for their various ministry needs. Moss also uses the Bible to instruct the 8,500-member congregation on social justice issues.

When the group met with Jonathan Banks, elder of the Apostolic Faith Church under the leadership of Bishop Horace Smith, M.D., Banks reinforced the need for collaboration. Their congregation works with the faith-based group “Together Chicago” to address social justice and better access of resources.

The meetings provided a boost for the pastors who, according to Woods, were “amazed at the intentionality and practical relevance in providing members with ministry options to address social ills.”

Last year, Lake Region pastors embarked on a mission to engage in social issues affecting their communities. In August 2018, they met with the City of Chicago Police Department. A few months later, they convened a panel of young adults to hear their perspectives and see where they were willing to help. Several young adults agreed to serve as mentors.

The next step is the preparation of an action plan to present at a Chicago Mayoral Candidate Forum targeting youth and young adults, focusing on religious liberty, on March 22 at the Independence Boulevard Church.

Pastors in attendance were Robert Best, Straford Memorial Church; Leon Bryant, New Life Church and Adult Ministries director for Lake Region Conference; Marlon Gregory, Hyde Park Church; Michael Horton, Emmanuel Church and Ministerial director for Lake Region Conference ; William J. Lee, Shiloh Church and Men’s Ministry Director for Lake Region Conference, as well as Theresa McGill, Illinois Vice President for PARL. ■

*Debbie Michel, Lake Union associate director of Communication*

Photos courtesy Edward Woods III



▲ Jonathan Banks of Apostolic Faith Church reinforced the need for collaboration.



▲ From left to right: Shiloh Church pastor, William Lee (left), Father Michael Pfleger of St. Sabina Roman Catholic Church, and Lake Region Public Affairs and Religious Liberty director, Edward Woods III



▲ Leon Bryant, pastor of the New Life Church, and Father Michael Pfleger



▲ Granite etching of Lucille Byard by artist Mark Hunt

## Organization honors memory of Lucille Byard

### African-American’s death triggered the creation of regional conferences

On Oct. 30, 2018, the 75th anniversary of the death of a woman whose mistreatment sparked the formation of regional conferences, a ministry hoped to raise awareness and remedy discrimination within the Seventh-day Adventist Church.

The Conscience and Justice Council, comprised of public affairs and religious liberty leaders in regional conferences and universities across North America, issued a proclamation declaring Oct. 30 as Lucille Byard Day.

“Lucille Byard’s death reminds us that the challenges of injustice in the past are still realities for the present, both inside and outside of the church,” said Edward Woods III, Lake Region Conference Public Affairs and Religious Liberty director, who serves as the Council and Justice chairperson.

According to the account in Calvin B. Rock’s book, *Protest and Progress: Black Seventh-day Adventist Leadership and the Push for Parity*, Byard traveled with her husband from New York to Maryland for treatment relating to her liver cancer. The family was drawn to the Washington Sanitarium for its holistic approach to health and wellness, and a social component where patients would socialize together. Because of the social aspect, the

sanitarium didn’t admit Blacks, although on rare occasion admitted them to an isolated section of the facility where they were treated by physicians during off-hours.

The account of what exactly happened next, whether she was turned away or told she could stay in the isolated section, is in dispute;\* however, this much is clear: When Byard, 66, died a month later, an uproar ensued in the African-American Adventist community.

Byard’s death triggered a new level of activism as never before seen. A letter from Byard’s Long Island, N.Y., congregation was sent to the General Conference president threatening a lawsuit. One group, comprised of a number of highly educated and articulate women, met in the back room of a Washington, D.C., bookstore and began to organize. According to an account in *Protest and Progress*, “They passed the hat to help on the telephone bill and began calling various persons to apprise them of their actions.” Before long, the Committee for the Advancement of World-Wide Work Among Colored Seventh-day Adventists was formed, which eventually led to the creation of regional conferences throughout North America. The Lake Union was first to embrace the organization of Black churches with the organization of the Lake Region Conference, which began functioning in Jan. 1, 1945.

It was in 2016, after a Lake Region Conference PARL event, that the Conscience and Justice Council was formed with the mission of engaging with millennials and others on issues of social justice. “Through our public affairs and religious liberty ministry,

we can advocate and stand against injustice, according to the Word of God,” said Woods.

Other committee members include: Cryston Josiah, Central States Conference executive secretary and PARL director; Stephen Brooks, Southwest Region Conference executive secretary and PARL director; Mark Brown, Southeastern Conference PARL director; Byron Dulan, North Pacific Union regional representative; Preston Foster, Oakwood University professor of Political Science; Martin Lister, PARL representative-at-large; Jerome Hurst, Allegheny West Conference PARL director; Dedrick Blue, Oakwood University dean of Theology; Lawrence Brown, Northeastern Conference PARL director; Jackson Doggette, Jr., Allegheny East Conference PARL director; Moses Edwards, South Atlantic Conference PARL director; Auldwin Humphrey, South Central Conference PARL director; and Kingsley Palmer, Pacific Union Regional representative.

\**The book Protest and Progress presents the two accounts and disputed claims in greater detail.* ■

*Debbie Michel is associate director of Communication for the Lake Union Conference.*



▲ Washington Sanitarium in Takoma Park, Maryland, circa 1925.





▲ Left to right: Dolby Knott, LRC Prison Ministry leader; Debra Davis-Moody, LRC ACS director; Phyllis Duncan, Mothers of Murdered Sons founder; Edwina Perkins, Maywood (Illinois) mayor; Gloria LaShore, Prayer Ministry, and Phillip Ates, Chicagoland Men's Ministry director.

## Mothers of slain son addresses Chicagoland congregation

LAKE REGION—The mother of a slain son who launched an anti-violence organization shared her testimony at the Maywood Church for their Prison Ministry Day program.

During the December 1 worship service, Chicago Southside native, Phyllis Duncan, told the story of the fateful day, just two days after Mothers' Day in 2005, when her 21-year-old son, Dodavah, was shot and killed. The social worker was heartbroken and powered her grief into action, founding Mothers of Murdered Sons (MOMS). This began her journey of advocacy, public speaking, facilitating support groups, providing grief support and wellness groups to help all deal with the loss on all levels. Duncan told the congregation of her biblical healing which has allowed her to work with others suffering loss.

This Prison Ministry Day program came about because, over the last five or so years, Maywood Church has seen many of the neighborhood families suffer loss. Its Prison Ministry leader became increasingly concerned. In collaboration with other department leaders, they decided to sponsor an initial program on dealing with loss; they also wanted to assist the church in developing resources with which to help both the community as well as the church to start dealing with their loss.

An afternoon program focused on developing community resources with our youth. Maywood's Church Youth leaders and the basketball team were present for the presentation with the church members.

Duncan's time spent with Maywood uplifted everyone and showed the biblical perspective on overcoming loss. Other guests included Edwina Perkins, mayor of Maywood [Ill.], and Dolby Knott, Lake Region Conference Prison Ministry



▲ Mayor Perkins talking to Maywood youth, Deja Murphy and Zoe Clark, after the service.

Department leader. Perkins shared the state of Maywood and encouraged the members to utilize the programs available in the mayor's office.

We look forward to utilizing the expertise of Duncan in this year of Health and Community Engagement in the Lake Region Conference. Duncan focused on Isaiah 61:1–4, with emphasis on verse 4, which states, *For since the beginning of the world, men have not heard, nor perceived by the ear, neither hath the eye seen, O God, beside Thee, what He hath prepared for him that waiteth for Him.* Phillip Ates, Prison Ministry leader at Maywood Church and Chicagoland Men's Ministry leader, hosted the event. ■

Debra Davis-Moody, Lake Region Conference, Adventist Community Services (ACS) director

## Michigan group changes lives in Ecuador

MICHIGAN—Thirty-seven individuals journeyed to Ecuador for a life-changing mission trip organized by the Michigan Conference Evangelism Department in partnership with Quiet Hour Ministries. This two-week trip in December 2018 was a unique opportunity for the Michigan constituent family to experience frontline mission and generate an excitement for outreach in their own home churches and communities.

Ground zero was Huaquillas, Ecuador, a mid-sized city near the border of Peru. Not known for its tourism attractions, mission trips there are rare. There are 11 Seventh-day Adventists churches in Huaquillas. Although these churches share only one pastor, they are actively involved in evangelism; four of the churches were newly planted in just the past few years.

The Michigan Conference is passionate about Grow Michigan, which embraces the full Evangelism Cycle through Christ's method alone (Ellen White, *Ministry of Healing*, p. 143) in every church. This is more than a program or an initiative, but rather an ongoing culture that leads to regular, systematic soul-winning and total member involvement. There are five key components to the cycle: (1) Preparing, (2) Planting, (3) Cultivating, (4) Harvesting and (5) Preserving.

Many months before we arrived, mission workers labored alongside eager members to prepare the soil and plant the seed. They launched community events, conducted Bible studies, and distributed literature.

Each morning, our team, led by ground workers Wes Peppers, Cory Herthel and Darryl Bentley, worshipped together and discussed the day's plans. Team members received training in areas such as: the cycle of evangelism, biblical church structure, how to develop a Great Commission culture



▲ The clinic offered glucose testing, vitals, eye testing and free glasses.

in their church, the role of the pastor and members, and how to witness one-on-one.

Three construction teams worked each day on various projects organized by the local churches. These teams completed church bathrooms, a baptistry and an outside concrete floor. It was inspiring to work alongside the locals who were creative when common tools (for us) were unavailable. The newly constructed baptistry was even used for baptisms that same weekend!

Another important element was the medical clinics. Although the conditions were uncomfortable, hundreds of people came. The clinic serviced by medical professionals offered glucose testing, vitals, eye testing and free glasses, along with medications and medical supplies. New clothing and school supplies also were distributed. And, as patients waited, they gladly accepted offers for prayers and counseling.

In just five days, more than 700 people were served and approximately \$150,000 in medical services provided. More than 300 patients requested Bible studies; local church members are following up with those.

The climax of the trip was the evangelistic meetings. Each evening, team members gave health talks and inspiring biblical messages, while others led vacation Bible schools. At the conclusion, we witnessed 30 baptisms, with an additional 25 currently in preparation, and many others continuing Bible studies.

For a few on our team, this was a new experience — some had never been out of the U.S., while others had never preached or led out in VBS before. Discomfort was a daily occurrence, but no one complained. Every obstacle became a call to prayer. No matter how tired we were, the Spirit of God gave strength for a greater purpose than ourselves.

We invite you to experience your own mission trip transformation. Our next trip takes us to Cuba, March 11–22, 2020. For more information, call the Michigan Evangelism Department at 517-914-4358, or see us at Michigan Camp Meeting. ■

Wes Peppers, associate Ministerial director, Michigan Conference, with Marian Peppers.





▲ Neil Nedley presenting at the Berrien Springs Village Church

# Health expert gives fresh understanding of mental health

MICHIGAN—Neil Nedley, M.D., a leading expert in the field of depression and anxiety, presented on ways to achieve peak mental performance during a power-packed January 26 service at the Berrien Springs Village Church.

Some of the highlights from his January 26–27 presentation included a list of ten recognized cognitive disorders in society and how they are all addressed in the Ten Commandments. He expounded on following God’s executive orders which put some boundaries on our life and give us freedom, allowing us to be free from the downfall of these cognitive disorders.

Nedley, who also serves as president of Weimar College and adjunct professor of Medicine at Loma Linda University, quoted research that affirmed church attendance — those who prioritize God tended to have their priorities straight, have higher comprehensive self-control, and church attendance is associated with longevity and an increase in quality of life. Increased intrinsic religiosity is associated

with less depression and more rapid remission.

Another interesting research Nedley cited came from San Diego State University professor of Psychology, Jean Twenge, that happiness of young people in the U.S. plummeted after 2012, the year when the proportion of Americans owning a smartphone rose above 50 percent. The happiest young people were those who used digital media a little less than an hour a day.

Of interest to Seventh-day Adventists was research on Sabbath-keeping and its relationships to health and well-being. In the research done by D.J. Superville, K.I. Pargament and J.W. Lee regarding the Blue Zones, researchers wanted to know how keeping the Sabbath affected the health of those in the Blue Zones, as compared to some control groups. They found a significant correlation between Sabbath-keeping and mental health, including that greater Sabbath-keeping was associated with more religious coping, more religious support, healthy diet and more exercise, which, in turn, were associated with better mental health.

After a fellowship meal provided by members of the Village Church, Dr.

Nedley had two sessions in the afternoon — “Nutrition and the Brain” and “What to Do About the Rapid Rise in Dementia and Alzheimer’s.” Of special interest to those attending was the top 10 list of foods that provide the nutrients we need for good brain health. Some of the top ten foods in various categories include: (tryptophan) sesame seeds, almonds, tofu; (tyrosine) pumpkin seeds, Spanish peanuts; (folate) black-eyes cowpeas, lentils; (antioxidant rich vegetables) garlic, kale, spinach; (antioxidant rich fruit) blueberries, blackberries, strawberries.

Audience members were inspired by the story and habits of a vibrant 112-year-old farmer from Botswana, Jato Mailose. He goes to bed before 8 p.m. and rises at 3 a.m. He’s vegetarian, eating only two meals a day, 4 a.m. and 11 a.m., fasting 16-17 hours a day, which contributes to good gut health, said Nedley. Mailose works 11 hours a day outside doing physical labor, and has upright posture and good muscle tone. He is still mentally sharp, teaching a weekly Sabbath school class and serving as Pathfinder leader.

On Sunday, Nedley spoke to a Seminary chapel full of students and guests about how to recognize the symptoms of depression and anxiety, and how to help people. Training is available for people to become certified in running depression recovery seminars. People also can attend an 18-day session at Weimar to give them a NEW START on their health.

An attendee from Kalamazoo said, “It was a very empowering weekend as I realized that we have control over our health and our brain. We have a capability to create a better future for ourselves regarding our health.”

Recordings of Nedley’s presentation are available at the Village Church YouTube page. ■

Esther Knott, Village Church member



# MARCH

WOMEN'S HISTORY MONTH

## ANDREWS UNIVERSITY

### GENERAL EVENTS

- March 1, 2:30-4 p.m.:** Honors Scholars and Undergraduate Research Poster Symposium, Buller Hall
- March 3–7:** 4th Annual Wellness Fest
- March 5:** Lifestyle Medicine Symposium
- March 7–10:** Rise Up Against Abuse Rally
- March 7:** School of Health Professions MLS Research Symposium
- March 10–11:** March Preview
- March 12–14, 11:30 a.m.:** Seminary Week of Spiritual Emphasis — Clifford Goldstein, Seminary Chapel
- March 25:** Transfer/Health Professions University Preview Event
- March 31, 12-7 p.m.:** International Food Fair, Johnson Gym

### HOWARD PERFORMING ARTS CENTER EVENTS

- For more information on the following events and to purchase tickets, call 888-467-6442 or 269-471-3560, or visit [howard.andrews.edu](http://howard.andrews.edu).
- March 1, 7 p.m.:** Andrews Wind Symphony Vespers
  - March 2, 4 p.m.:** Department of Music Festival Concert
  - March 6, 7 p.m.:** Michigan SDA Elementary School Band Festival Concert
  - March 8, 7 p.m.:** Great Lakes Adventist Academy Vespers

- March 9, 8 p.m.:** Andrews Symphony Orchestra Winter Concert
- March 17, 4 p.m.:** Southwest Michigan Symphony Orchestra: Amazing Amadeus
- March 25, 7 p.m.:** Southwest Michigan Honor Band Concert

## ILLINOIS

- March 2:** Pathfinder Bible Experience conference testing, Richland Bridge Church, Chillicothe
- March 14–16:** Choir Festival, Hinsdale Adventist Academy, Hinsdale
- March 30:** Southern Youth Rally, Thompsonville Christian School

## INDIANA

- March 2-3:** Pathfinder Bible Experience conference testing, Cicero
- March 8–10:** Pathfinder/Adventurer training, Timber Ridge Camp

## LAKE REGION

- March 2:** Pathfinder Bible Experience conference testing, Highland Avenue Church, Benton Harbor
- March 8–10:** Super Youth Weekend and Christian Fellowship League Tournament, Western Michigan University, Kalamazoo
- March 16:** Global Youth Day
- March 22–24:** Chicagoland Youth Federation/Christian Fellowship League, Chicagoland
- March 30–31:** Black Adventist Youth Directors Association Christian Fellowship League, Chicago

## MICHIGAN

- March 1:** Camp Meeting Registration Opens
- March 1–3:** Personal Ministries Workshop, Camp Au Sable
- March 2:** Pathfinder Bible Experience conference testing, Cedar Lake Church
- March 8–10:** Marriage Commitment Retreat, Camp Au Sable

## WISCONSIN

- March 1–3:** Pathfinder Bible Experience conference testing, Camp Wakonda
- March 29–31:** Hispanic Youth Rally, Rodeway Inn, Milwaukee

## LAKE UNION

- March 3:** Free dental clinic, Indiana Academy gymnasium, Cicero
- March 16:** Pathfinder Bible Experience Union testing, Pioneer Memorial Church



Within the Lake Union, the officiating pastor or church communication leader is responsible for submission of information to this column. Forms are available in print format, or they can be filled out and submitted directly online. Milepost forms are available at <http://www.herald.lakeunion.org>. Conference addresses and phone numbers are listed in the masthead on the inside back cover.

OBITUARIES

**BALL, Edith H.**, age 93; born May 28, 1925; born in Fredericktown, Penn.; died, Dec. 7, 2018, in Indiana, Penn. She was a member of the Waterford Church in Waterford, Mich. Survivors include her brothers, Donald D. and Harold A. Ball; and sister, Marcia Shapiro. Funeral services were conducted at Curran Funeral Home; private inurnment in Conemaugh Cemetery in Clarksburg, Penn..

**CHARLES, Allen**, age 83; born Oct. 26, 1934, in Whitestown, Ind.; died Jan. 22, 2018, in Yorktown, Ind. He was a member of the Anderson Church in Anderson, Ind. Survivors include his wife, Karen (Rost) Allen; son, Matthew Allen; daughters, Cynthia Solis, Linda Batts and Kimberly Gordon; 10 grandchildren; six great-grandchildren; Funeral and inurnment was in funeral home in Anderson.

**CORKE, Dale W.**, age 67; born Feb. 23, 1951, in Edmore, Mich.; died, Sept. 9, 2018, in Battle Creek, Mich. He was a member of the Battle Creek Tabernacle in Battle Creek. Survivors include his wife, Rita A. (Wilke) Corke; son, Levi R. Corke; mother, Mary “JoAnn” (Stephens) Corke Berean; brother, Stephen P. Corke; one grandchild; four step-grandchildren. Funeral services were conducted by Pastor Rob Bernardo, Dr. Randy Haugen and Levi Corke; interment was in East Hickory Corners Cemetery in Barry Township, Mich.

**GREEN, Richard “Dick,”** age 81; born Oct. 10, 1937, in Flint, Mich.; died Dec. 29, 2018, in Shiawassee County. He was a member of the First Flint Church in Flint, Mich. Survivors include, his wife, Sadie (Adams) Green; son, Gregory; daughters, Sharie Dengler and Laura Richard; brother, William; 10 grandchildren; and three great-grandchildren. Funeral services were conducted by Jonathan Chitwood; interment was at Great Lakes National Cemetery in Holly, Mich.

**GREER, Charles D.**, age 55; born May 22, 1963, in Ann Arbor, Mich.; died Dec. 18, 2018, in Saline, Mich. He was a member of the First Flint Church in Flint, Mich. Survivors include sons, Jose Greer and Aaron Michell; stepsons, Brian, Derek and Tommie Rowlands; brother, Gerald Greer; sisters, Kayla Greer, Tanya Greer and Frieda Campbell; grandparent, Jim Campbell; and nine grandchildren. Funeral services were conducted by Jim Merrell.

**KUHL, Marilyn J. (Hill)**, age 90; born Jan. 25, 1928, in Beloit, Wis.; died Nov. 30, 2018, in Green Bay, Wis. She was a member of the Green Bay Church in Green Bay. Survivors include daughters, Sandra D. Sloan and Barbara J. Koch; sisters, Corinne Heredia and Judith Pratt; four grandchildren; 12 great-grandchildren; and four great-great-grandchildren. Funeral services were conducted by Shirley Carey; interment was in Milton Junction Cemetery, Milton, Wis.

**MAGRAY, Elizabeth A.**, age 92; born Oct. 11, 1926 in West Allis, Wis.; died Dec. 12, 2018, in Green Bay, Wis.; She was a member of the Green Bay Church in Green Bay. Survivors include her son, Douglas; stepson, Marvin; daughters, Maureen Hixon, Christine Magray, Denise Groh and Michelle Nooyen; stepdaughter, Vyone Nelson; brother, Robert Visauer; 19 grandchildren; and 28 great-grandchildren. Funeral services were conducted by William J. Ochs; interment was at the New Franken Seventh-day Adventist Cemetery in New Franken, Wis.

**MERKEL, Ruth E. (Vitrano)**, age 87; born Nov. 23, 1931, in Milwaukee, Wis.; died Jan. 8, 2019, in Ooltewah, Tenn. She was a member of the Pioneer Memorial Church in Berrien Springs, Mich. Survivors include her husband, Louis Eugene Merkel Jr.; daughters, Elaine G. Hotelling and Marcia L. Irwin; three grandchildren; two great-grandchildren; and one step-grandchild. Funeral services were conducted by Pastor Don Gettys; interment was at the National Cemetery in Chattanooga, Tenn.

**PILBEAM, Marjorie L. (Satterlee)**, age 93; born Mar. 23, 1925, in Eagle, Mich.; died Nov. 15, 2018, in Charlotte, Mich. She was a member of the Charlotte Church in Charlotte. Survivors include her daughters, Debra Pilbeam, Carol Patrick, and Sandra Zank; six grandchildren; 12 great-grandchildren; Memorial services were conducted by Pastor Jerryyn Schmidt; inurnment was at Maple Hill Cemetery in Charlotte.

**PRATT, Judith (Hill)**, age 81; born June 1, 1937, in Beloit, Wis.; died Dec. 11, 2018, in South Beloit, Wis. She was a member of the Rockford Church in Rockford, Ill. Survivors include her son, Jeffrey Mears; stepson, Robert Pratt; daughters, Michelle Davis and, Sherrie Patrick; stepdaughter, Kathy Pratt; five grandchildren; and one step-grandchild. Funeral services were conducted by Rev. Michelle Sisk Davis in Beloit; interment was in Beloit.

**RUSHER, Jack C.**, age 83; born June 2, 1935, in St. Charles, MI; died Nov. 11, 2018, in Carson City, Mich. He was a member of the Cedar Lake Church, in Cedar Lake, Mich. Survivors include his wife, Shirley L. (Denslow); son, Eric Rusher; daughters, Vickie Jordan, Eddie Ellis, Jackie Breyer, and Shelly Gunter; brother, Max Rusher; 18 grandchildren; and 11 great-grandchildren. Memorial services will be conducted by Ken Denslow on May 25, 2019, at the St. Charles Church; with private inurnment.

**SCHELK, Eleanor M. (Gordon)**, age 95; born Sept. 12, 1923, in Oconto, Wis.; died Jan. 6, 2019, in Oconto, Wis. She was a member of the Green Bay Church in Green Bay, Wis. Survivors include her son, Duane Carlson; daughters, Gladys Baun, Cheryl Jensen, Gloria Wilde and Karen Buck; 10 grandchildren; and 15 great-grandchildren; Funeral services were conducted by William J. Ochs; interment was in a mausoleum in Green Bay.

**SMITH, Lois E. (Harter)**, age 95; born Mar. 15, 1923, in Gas City, Ind.; died Dec. 27, 2018, in Gas City. She was a member of the Marion Church in Marion, Ind. Survivors include her son, Palmer Gregory Jr.; daughter, Inez Georgia; seven grandchildren; 12 great-grandchildren; and one great-great-grandchild. Funeral services were conducted by Richard Byrd; interment was at the Riverside Cemetery in Gas City.

Churches, schools, conferences, institutions and organizations may submit announcements to the *Lake Union Herald* through their local conference communication directors. An easy way to do this is to visit the *Lake Union Herald* website at <http://www.herald.lakeunion.org> and submit the announcement online. Readers may verify dates and times of programs with the respective sources, as these events are subject to change. Submission eligibility guidelines are listed at <http://www.herald.lakeunion.org>.

**ART & ESSAY CONTEST OPEN TO K-COLLEGE STUDENTS.** Students are asked to relate the teachings of Jesus in the book of Matthew, chapters 5-7 (Sermon on the Mount) to issues of religious liberty, human rights and biblical justice. Students in grade levels K-8 may create an art piece while high school and college students are encouraged to write an essay that captures the theme, “Jesus and Human Rights Today.” A scholarship award will be given to those selected by the judges which will move them to compete at a conference level and then the Union level. For more info, please visit: <https://parl.lakeunion.org/student-art-essay-contest-2019>

**GREAT LAKES ADVENTIST ACADEMY** is looking for all students in Grades 8-11 to come for an awesome experience at **Academy Days, April 21-22**. Visit classes, make new friends, enjoy current students, and experience boarding academy life. Registration is from 1:00-2:30 p.m. on Sunday. To register, call 989-427-4444, or online at [glaa.net](http://glaa.net). Contact GLAA today!

**THE ASI LAKE UNION CHAPTER WILL HOLD ITS ANNUAL SPRING FELLOWSHIP** themed, “They That Wait,” on **April 19-20** at the Hilton Garden Inn, Benton Harbor, Mich. Pastor Ivor Myers, founder/president of Power of the Lamb Ministries and ARME Bible Camp, keynote speaker, will share his personal testimony — from rapper to a worker for Christ. Pastor Myers is known for the fresh perspective he brings to a practical application of Scripture. To register, go to [www.asilakeunion.org](http://www.asilakeunion.org) or call 269-473-8200.

**THE LAKE UNION HISPANIC WOMEN ARE HOSTING A RETREAT** at Andrews University, **May 31- June 2**. Guest speakers are: Cesar De Leon, PhD, LMFT and his wife, Carolann De Leon, RN, MS, MFAM. Cesar De Leon is the North Pacific Union Conference Ministerial ????? and vice president for Hispanic Ministries. Carolann De Leon is the assistant director for Hispanic Ministries in the North

Pacific Union Conference. For registration, visit: [www.multiculturalministries.lakeunion.org](http://www.multiculturalministries.lakeunion.org) or contact your pastor’s wife or church Women’s Ministries director.

**ANNOUNCING ACADEMY DAYS AT OKLAHOMA ACADEMY!** If you are a student who is serious about your walk with the Lord and His mission for your life, Oklahoma Academy may be just the place for you. Come **April 12-14** for our Academy Days weekend and find out. Call 405-454-6211 to make your reservations today! Also visit [www.oklahomaaacademy.org](http://www.oklahomaaacademy.org).

**MILWAUKEE CENTRAL CHURCH CELEBRATES 75 YRS. OF MINISTRY APRIL 5-6!** Calling all family and friends... Has your life been touched by this Tabernacle by the Lakeshore? Come, celebrate with us under the theme, “In Pursuit of the Promise.” Worship service speaker will be Elder Mike Edge, president of the Wisconsin Conference.

**ZOOM IN — REAL. DEAL. HEAL. GEN Z AND SOCIAL ISSUES 180° SYMPOSIUM** at Andrews University, **May 7-9**. The Symposium addresses current issues facing Youth Ministries while seeking to generate principles for effective and healthy change through moderated discussion between administrators, academics and practitioners in Youth Ministry.



CALENDAR OF OFFERINGS 2019  
March

- March 2 Local Church Budget
- March 9 World Budget  
(Emphasis: Adventist World Radio)
- March 16 Local Church Budget
- March 23 Local Conference Advance
- March 30 NAD Evangelism

Thirteenth Sabbath Offerings  
March 30 South American Division

CALENDAR OF SPECIAL DAYS  
Focus for the Month –  
*Women in the Church*

- March 2 Women's Day of Prayer
- March 2-9 Adventist Youth Week of Prayer
- March 16 Disabilities Awareness Sabbath
- March 16 Day of Hope
- March 23 ARM Safety Sabbath

	MAR. 1	MAR. 8	MAR. 15	MAR. 22	MAR. 29	APR. 5
Berrien Springs, Mich.	6:36	6:44	7:52	8:00	8:07	8:15
Chicago, Ill.	5:41	5:49	6:57	7:05	7:13	7:20
Detroit, Mich.	6:22	6:30	7:39	7:47	7:55	8:02
Indianapolis, Ind.	6:37	6:44	7:51	7:59	8:06	8:13
La Crosse, Wis.	5:54	6:02	7:11	7:20	7:28	7:37
Lansing, Mich.	6:28	6:36	7:45	7:53	8:01	8:09
Madison, Wis.	5:47	5:55	7:04	7:12	7:20	7:28
Springfield, Ill.	5:43	5:52	7:00	7:08	7:16	7:24



All classified ads must be sent to your local conference for approval. No phoned ads will be accepted. Allow at least eight weeks for publication. Fifty words maximum. No limit of insertions. Rates: \$36 per insertion for Lake Union church members; \$46 per insertion for all others. A form is available at <http://www.herald.lakeunion.org> for printing out and filling in your ad. Ads must be prepaid. Make money order or check payable to the Lake Union Conference. There will be no refunds for cancellations. The *Lake Union Herald* cannot be responsible for advertisements appearing in its columns, and reserves the right to edit ads in accordance with editorial policies. The *Lake Union Herald* does not accept responsibility for typographical errors. Submission eligibility guidelines are listed at <http://www.herald.lakeunion.org>.

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**THE GENERAL CONFERENCE (GC) OF SDAS OFFICE OF GENERAL COUNSEL IS SEEKING A LAW STUDENT FOR AN 8-10 WEEK PAID SUMMER CLERKSHIP.** This position is not a full-time, hire-track position and is best suited for 1Ls. Duties include legal research and other projects, emphasis is on religious liberty and First Amendment work. Must be SDA church member. Interview and/or relocation expenses will be applicant's responsibility. Send resume, writing sample, and transcript to Karnik Doukmetzian at: [karnikd@gc.adventist.org](mailto:karnikd@gc.adventist.org).

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**"YE OLDE" CEDAR LAKE ACADEMY REUNION, JUNE 7-8,** for alumni and classmates at Great Lakes Adventist Academy, Cedar

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**Mayo 31 Junio 2 2019**

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Puedes inscribirte en línea a través del siguiente enlace: [multiculturalministries.lakeunion.org](http://multiculturalministries.lakeunion.org),  
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de Ministerio de la Mujer o la esposa del Pastor de tu iglesia.

**RECIBA LOS MEJORES DESCUENTOS COMPLETANDO SU INSCRIPCIÓN ANTES DEL 8 DE ABRIL DE 2019**

**Para más información  
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air, breakfast and dinner buffets daily, all tips, taxes. From New York, Chicago or Los Angeles; other departure cities available. Call Maranatha Tours at 602-788-8864.



# On Waking Up

## One Woman’s Experience Becoming Woke

By Becky St. Clair



Provided by Becky St. Clair

▲ Becky St. Clair

**DURING MY GRADUATE STUDY AT ANDREWS UNIVERSITY,** I took a class called Issues in Intercultural Communication. Out of 17 students, I ended up being one of two white people, yet this was an intensely intercultural group. Including the teacher, the cultures represented by the class were Brazilian, Norwegian, Guyanan, Jamaican, American (various regions), St. Eustatian, Bahamian, Serbian, Haitian, Salvadorian, Ghanan and Venezuelan.

One night we were handed strips of paper and instructed to line up outside, shoulder-to-shoulder. We then read aloud what was on the paper: “If your parents are still married to each other, take one step forward.” Some of us stepped forward. Most stayed put.

Next: “If you are right-handed: one step forward.” With each statement we stepped or stood, depending on our experience.

“If you feel unsafe walking alone at night: one step backward.”

“If you can find Band-Aids in a mainstream store designed to match your skin tone: one step forward.”

“If you studied the culture of your ancestors in school: one step forward.”

“If English is not your first language: one step back.”

Finally, we were told, “Without leaving your spot, take a look around.”

Silence, as we all turned in place. I swallowed hard. Everyone, save for one who was merely one step ahead of me, was behind me. Some were nearly back at the line where we’d begun.

“The closer you are to this sidewalk,” she gestured to the pavement mere inches from my toes, “the more privilege you have experienced in your life.”

I felt confused. Looking at my childhood, I wasn’t privileged at all. I wore hand-me-downs. We had old cars and lived in an old neighborhood and the carpet in our house had holes. We even accepted a food box from the church once. Surely this wasn’t “privilege.”

Then, considering the statements read aloud mere moments ago, I began to realize that despite the discomforts of my childhood, compared to other realities I certainly was . . . privileged.

The weight of this realization nearly crushed me, and I immediately felt ashamed of ever thinking I’d had a “hard” life. I lagged behind my classmates and, in the building’s vestibule, I felt the tears welling in my eyes.

“Hey,” said a gentle voice. “Are you okay?”

In my watery vision, I saw a classmate — a tall, friendly pastor from L.A. — looking at me with concern. In a shaky voice, I told him how bad I felt. How stupid. How blind.

He asked quiet questions and listened, his hand resting gently on my shoulder. I answered him the best I could, still processing. It’s only in retrospect that I realize how ironic and absurd it was that a black man comforted a white woman for finally becoming woke.

This was, as I see it, the true beginning of my education. It drastically changed the path I walk, and I’m determined to keep going.

At least, until the next awakening. ■

*Before moving to California, Becky St. Clair was the Media Communications manager for Andrews University.*



Courtesy Arlette Baptist

▲ Sheldon and Arlette Baptist

**HER MOVE TO A SMALL COMMUNITY MEANT BIG CHANGES FOR ARLETTE BAPTIST.** At least, that’s what it

felt like at first. Nearly four years ago, the now 27-year-old married her high school sweetheart, moved out of her parent’s home (in the Chicago Metro area), and took off on a new adventure to Oneida, Illinois, population 700. Her husband had landed a good agricultural job there and they made a point to visit the closest SDA church (Park View in Galesburg) as soon as they could.

Baptist admits the church experience was originally “jolting.” She and her husband, Sheldon, had grown up in Adventism and longed to stay as active as both sets of their parents. They were used to youth groups, activities galore, and well, worshiping with a large number of their peers. But, at Park View, they would be one of the only couples in their mid-20s. That said, Baptist describes how God had clearly led them there. Now, they just had to trust.

“We found ourselves organically committing to the church,” says Baptist. “It just kind of happened. We’ve really felt blessed attending Park View.”

But it’s been more than a feeling. She and Sheldon have actively engaged. She’s one of the music coordinators at the church (not only organizing, but playing piano, singing and, occasionally, strumming the ukulele). She’s the Women’s Ministry leader (undertaking an elegant prayer brunch, a secret sisters’ project, and a ladies’ get-away weekend, just to name a few). She’s been heavily involved in a teen girls outreach, and she and Sheldon host a small group study in their Oneida home. Baptist is quick to point out, though, her overall goal in ministry is “to God be the glory!” She admits to approaching any role/project the same way, “with a lot of prayer, time, effort and prep.”

Looking back, Baptist doesn’t think she’d change a thing. “I predict that if we had spent a lot more time with people primarily our age, we may have had a narrow point of view. It’s possible we would’ve even been part of the schism I see happening a lot between old and young [in our churches].” She’s a strong believer in building connections (and congregations) by focusing on “relationships with all generations.”

Like her faith, Baptist believes her time in Northwest Illinois has been a joy — not thanks to one large event but, rather, a series of little catalysts, “one small moment, leading into another small moment, leading into another.” And that can obviously happen, she says, whether you’re in a big city or small town. ■

*Cheri Lews is a freelance writer based in the Quad Cities in Illinois.*

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# WHOLE *and* HOLY

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Psychologist



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Professor of Homiletics  
Andrews University



Katia Reinert  
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Message of Mercy

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